

**MIND THE
PAY GAP**

Why are women still earning
woefully less than men?



NEW ZEALAND

LISTENER

OCTOBER 8-14 2022

The

CLIMATE DIET

What to eat
to ensure
we all
live longer



DITCH THE RICH

Are tech billionaires doing
more harm than good?

FRIDA KAHLO

The iconic artist's works
are coming to Aotearoa

DONNA HAY

Delicious recipes
for busy people



FEATURES

COVER STORY

14 | **Meat the challenge**

If we are serious about tackling climate change, most of us need to eat fewer animal products. But there are other benefits, too.
by Andrea Graves

20 | **Growth chart**

Kiwi entrepreneur Arama Kukutai is at the cutting edge of indoor farming in the US, a field he says will help sustainably feed the planet.
by Sarah Catherall

24 | **Fair dues**

Fifty years after it became illegal to pay men and women different rates for doing the same job, the pay gap persists. And ethnic minorities are also calling foul.
by Catherine Masters

30 | **Bunker mentality**

We are at a pivotal moment for humanity,

says US writer Douglas Rushkoff. And we should not allow the titans of tech to decide what happens next.
by Peter Griffin

34 | **Mexican wave**

Works from superstar artists Frida Kahlo and Diego Rivera are on their way to New Zealand.
by Linda Herrick

LIFE

38 | **Health** A small Kiwi city is punching well above its weight in setting the standard for a more precisely targeted screening method for prostate cancer.
by Nicky Pellegrino

40 | **Nutrition** There are good reasons to empty and wash your reusable water bottles and coffee cups every day.
by Jennifer Bowden

42 | **Food** Bestselling Australian cookbook author DONNA HAY's latest offering puts a new twist on fast, delicious recipes for busy families.

44 | **Wine** Intensely flavoured white wines that won't break the bank.
by Michael Cooper

45 | **Psychology** Physical exercise not only keeps our bodies in shape, it helps protect our brains, too.
by Marc Wilson

46 | **Science** Meteorites are so sought after because they are treasure troves of information about the origins of the solar system.
by James Scott

BOOKS

48 | **The last bastion** The writer of *Room* returns with a tale of three monks whose faith and survival skills are sorely tested on an inhospitable island.
by Elisabeth Easther

49-55 | **Books** New novels by Gabrielle Zevin, Yoko Tawada and Anne Booth; Short cuts; a biography of Kiki Man Ray; and the story of Christchurch's controversial cathedral

51 | **Poetry** Janet Charman

COMMENTARY

3 | **Upfront**

4 | **Letters** *Plus Caption Competition, Quips & Quotes and 10 Quick Questions*

8 | **Bulletin** Jonathan Kronstadt

9 | **Diary** Charlotte Grimshaw

10 | **Life** Bill Ralston

11 | **Reality Check** Stephen Davis

12 | **Politics** Jane Clifton

94 | **The Good Life**

Greg Dixon

DIVERSIONS

56-59 | **Diversions**

& Puzzles

ENTERTAINMENT

60 | **Television** Russell Baillie

62 | **Film** Russell Baillie, Sarah Watt

64 | **Music** Graham Reid

66 | **Television** Russell Brown, Russell Baillie

71-91 | **TV programmes**

92-93 | **Radio programmes**

93 | **Classical** Richard Betts

Editor KARYN SCHERER
Chief Subeditor FRANCES GRANT
Political Columnist JANE CLIFTON
Books Editor MARK BROATCH
Entertainment & Arts Editor
RUSSELL BAILLIE
Television Editor FIONA RAE
Art Director DEREK WARD

Assistant Art Director SHANE KELLY
Senior Designer RICHARD KINGSFORD
Editorial Assistant REBECCA ZHONG
Editorial Office 317 New North Rd, Kingsland,
Auckland 1021
Editorial postal address PO Box 52122,
Kingsland, Auckland 1352
Editorial contact listener@aremedia.co.nz

Chief Executive Officer JANE HUXLEY
General Manager STUART DICK
Editorial Manager SARAH HENRY
Senior Account Manager CHLOE JORDAN
Chloe.Jordan@aremedia.co.nz
Commercial Brand Manager MAE KELLY
Mae.Kelly@aremedia.co.nz
Sales Director CLAIRE CHISHOLM

Classified Sales KIM CHAPMAN
classifieds@xtra.co.nz
Subscriptions Email magshop@magshop.co.nz,
magshop.co.nz or phone 0800 624 7467
The NZ Listener is published by Are Media Ltd,
Level 1, 317 New North Rd, Kingsland, Auckland 1021.
Printed by Webstar, 114 Swanson Rd, Henderson,
Auckland 0610. © 2022. All rights reserved.

Different, not disabled

All of us lose from New Zealand's backwardness in embracing those with dyslexia, writes MIKE STYLES.

Humans have always been suspicious of diversity. Historically, we burnt witches at the stake. Even today, we struggle to fully embrace racial diversity. We still have some way to go to fully include the LGBTQI+ community, although tremendous strides have been made. It seems that such neurodiverse conditions as dyslexia languish at the back of the queue.

Evidence of the Cinderella status of neurodiversity is everywhere. New Zealand's human rights provisions are largely silent about dyslexia and, unlike in the United Kingdom, for example, we have no legal framework to provide for neurodiversity/dyslexia. Stats NZ gathers no figures about dyslexia and related conditions, so we rely on international figures to gauge the size of New Zealand's affected population.

Dyslexia is best considered a condition in which intelligent people struggle with text. They struggle with reading, writing and, in particular, spelling. It is not an indicator of low intellect.

Best-estimate data suggests that at least 10% of the population have dyslexia, irrespective of culture, ethnicity, language or gender. That is 500,000 Kiwis, or 350,000 employees in the workforce. In addition, a further 5% of people have other such neurodiverse conditions as ADD, ADHD, autism spectrum condition and dyscalculia. Children with dyslexia grow up to be adults with dyslexia and it is an inherited condition passing down through families.

Despite the best efforts of some dedicated teachers, most neurodiverse/dyslexic children do not receive an education that meets their needs. Disturbingly, pre-service training for primary and secondary teachers still includes little or no instruction in how to identify or support learners with dyslexia. Many children with dyslexia enter adulthood with no explanation for why they have struggled to master literacy skills.

New Zealand pays a high price for this environment of denial and ignorance. The official position of the Ministry of Education until 2007 was that dyslexia was not a significant issue. In 2007, the ministry did a U-turn and conceded that dyslexia was

a significant issue. Sadly, it neglected to send the memo to the other government agencies. Dyslexia and the other neurodiverse conditions affect all parts of the economy and wider society. Sadly, there is collective ignorance both within both government agencies and the wider community.

The effects of low literacy skills last a lifetime. Unidentified and unsupported, dyslexia's effects are multivarious. At school, many children with dyslexia drop out early and those who remain often underachieve. Research on New Zealand

prison inmates reveal that half show up as positive for dyslexia.

In the workplace, the wastefulness of our collective ignorance of dyslexia plays out in two ways. At one end, dyslexic employees struggle to read key documents, shun promotions because they don't have the skills to read and write emails, and stay in the shadows to hide their embarrassing condition.

The other way dyslexia plays out in the workplace reflects the fact that the learning difference comes with many compensating skills and talents including creativity, innovativeness and visual, spatial and 3D skills. Workplaces that are crying out for new and different thinking are often overlooking the very people who could provide it.

How can we do a better job of interacting with dyslexic/neurodiverse people? The best way forward could be a combination of equity and symbiosis. The different brain configuration of people with dyslexia means they struggle with some things that most neurotypical

people find straightforward.

Equally, they excel in many things the regular brain finds difficult.

Equity demands that neurodiverse people be given an environment that enables them to achieve to their potential. Symbiosis says the neurodiverse and the neurotypical need each other, and the best way forward is to accept that and embrace the neurodiverse people among us.

Doing nothing should not be an option. Continuing to ignore dyslexia/neurodiversity hurts us all. ■

Mike Styles is a self-employed dyslexia researcher, trainer and consultant.



Workplaces crying out for different thinking often overlook the people who could provide it.

SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.

Science and mandates

I congratulate Lisa Wills on coming out from behind the placards to argue her case ("What has happened to us?" (October 1). However, the misuse of science and the "didn't happen to me and my friends, so it won't hurt you" attitude from a teacher leaves me in despair.

Some people did get very ill, some died, and some survived. Some suffer from long Covid. And yes, some had symptoms so mild that they were not aware they had been infected. Denying these experiences by relying on a small number of

selected cases rather than the evidence of the New Zealand scientific community is far from a reasoned expression of science. Nor is it a reasoned argument for individual freedom and rights.

I am glad unvaccinated teachers were excluded from the profession. I believe it helped keep my five-year-old grandson safe at school, and by protecting him, it helped keep my wife, his grandmother who has multiple sclerosis, safe and this helped protect his 93-year-old and 83-year-old grandmothers from infection.

My point is not that their rights are greater than Lisa Wills', but that from their point of view, her exclusion from teaching was a decision that we as their relatives would see was just as correct and reasonable as hers.

The long-term impact of many urgent interventions, be they medical, environmental or personal, is rarely fully known, but we must collectively make the best decisions we can on the available evidence. Community and social cohesion rely on striking a balance between protecting

the rights of the individual and those of the population. We have to respond to immediate danger without the time to assess longer-term, unknown outcomes.

When fire threatens, there is little point in letting it burn while we assess the environmental impact on the house of the materials used to manufacture the hoses.

Name and address withheld
LETTER OF THE WEEK

Wills asks, "What has happened to us?" My answer is, "Fundamentally, nothing."



WINNING CAPTION

Paul Kelly, Palmerston North

FINALISTS

Camilla: "My husband and I – oh, I love saying that – thought it was a teabag." – Dean Donoghue, Papamoa Beach

Caption: Antiques on display during royal roadshow.
– Marie Curran, Dunedin

Camilla: "I got it in a Kinder Surprise when I was a little girl." – Bob Richardson, Christchurch

Camilla: "We kept this in case Charles ever lost a crown jewel." – Joe Baker, Dunedin

Fiona Bruce: "Must have been a whale of a party if this is what's left of the chandelier." – Ann Love, Nelson

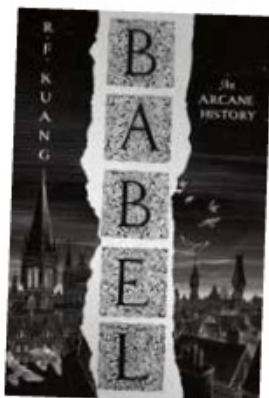
Camilla: "Can you tell me if my first corgi will be a boy or a girl?" – Janice Gill, Nelson



Caption competition
THIS WEEK'S PICTURE



US President Joe Biden presents singer-songwriter Sir Elton John with the National Humanities Medal during an event at the White House.



Caption Competition

{listenercaption@aremedia.co.nz}

TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with "Caption Competition No 481" in the subject line. Alternatively, entries can be posted to "Caption Competition No 481", NZ Listener, PO Box 52122, Kingsland, Auckland 1352. Entries must be received by noon, Tuesday, October 11.

THE PRIZE RF Kuang's powerful historical fantasy that unflinchingly addresses issues linked to colonialism and racism.

Our society is functioning as we intend it to function. What has happened is that the pandemic has thrown into sharp focus our answers, collectively and individually, to another question, and one at the heart of our society. That question is, “Does society have the right to protect its vulnerable members?”

Most people would answer “Yes”, and so we have a law that takes away an individual’s right to smoke in vehicles carrying children. And so we had a mandate that took away Wills’ right to work with the public while unvaccinated.

She says she was at the Parliament protest “to defend our human rights”, but does not explain what she understands those rights to be. In fact, nothing in her article suggests she has any awareness of the essential need of society to balance individual rights against the rights of its vulnerable members, nor that that necessarily means she and we can be prevented from doing some things we’d like to do.

Since she is a teacher, with the now-restored right to influence young minds, I find that disturbing.

John Miller Crawford
(Grey Lynn, Auckland)

Like Lisa Wills, I also suffer from autoimmune disorder. After three Pfizer jabs, I’m

still alive and reasonably okay. Even though I normally prefer to stay home, work from home and could easily avoid contracting Covid-19 (I have not got it yet), I preferred to get the jabs not only for me, but also mostly for everyone around.

Teachers who are ready to risk the health and life of their pupils just to prove a point and/or express their freedom in the time of emergency should really rethink their choice of profession. The same applies to medical professionals who ignore the science and consensus of the majority of their colleagues and are prepared to endanger the health of their patients just to express or prove their conviction.

It looks like what has happened to us is that we have learnt the lesson of the “Unfortunate Experiment” at National Women’s Hospital and are ready to censure medical professionals convinced they know better than the majority before they inflict real harm.

Piotr Smolira
(West Harbour, Auckland)

Wills’ article on the discrimination of mandates contained few medical facts on the pandemic. It needs this context.

These are the facts that matter: at the height of the effects of the most malicious Delta strain, it was reported by health departments in as far apart places as New York, Italy, Germany and the UK that the vast majority of deaths, new infections and hospitalisations were of the unvaccinated.

The ratio of deaths per head of population at the peak in New Zealand, where close to 97% of the population eventually were vaccinated, was 1 in 2561, whereas in the US, where vaccination rates at the time ranged from 65% to 40%, the ratio was 1 in 365.

At the time of the release of this data, anti-vaccination people I communicated with

were in denial of these facts, which was the reason the government implemented mandates. Without them, it foresaw a complete overrunning of the health system as a result of an unreasonable fear of the vaccine’s harm.

Many New Zealanders sympathised with those lamenting a lack of choice, and public acceptance of mandates quickly wilted after relative safety had been reached and the war was over. As Wills says, “the scars remain” as the perhaps unfairly distributed cost of survival.

Keith Burgess
(Sumner, Christchurch)

PAST LESSONS

Commenting on Stephen Davis’ *Reality Check* of September 24, Paul Kelly (*Letters*, October 1) recalled a teacher who wrote on the board, “Be a good crap detector.” Back in the 1960s, Neil Postman and Charles Weingartner authored *Teaching as a Subversive Activity*. In their introduction, they outlined several problems facing society, including misinformation, commonly referred to as the “credibility gap” or “news management”.

They said: “This misinformation problem takes a variety of forms, such as lies, clichés and rumours, and implicates everybody, including the President of the United States.”

Their first chapter is entitled “Crap Detecting”. I’m thinking Kelly’s teacher would have been familiar with this. Whether you call it “crap detecting” or the more

sanitised “critical thinking”, I can’t help feeling what a tragedy it is that it didn’t catch on before the internet took over our lives.

Is it too late – or even now, can teachers who value critical thinking help young people make rational judgments informed by verifiable facts and solid evidence?

Patricia Fenton
(Whangārei)

KING AND COUNTRY

Bernd Reber (*Letters*, October 1) does have a point. Technically, we did not vote for King Charles. But I’m fairly certain that if those brave Russian protesters, arrested and beaten up by Putin’s thug “gestapo,” for shouting “Nyet voine!” (No war!), had a choice of living in a parliamentary democracy like ours (with a King Charles as head of state) or the nightmare they have to endure now, I know which one they would prefer.

John Watkins
(Greenlane, Auckland)

STICKS AND STONES

I wonder why speakers and writers feel a need to tell us that words can’t hurt us (“Hell & damnation”, October 1). Anyone who has grown up or lived for a while in an English-speaking country will certainly have heard this cultural truism before, although Lionel Shriver’s version, “Words are the very opposite of violence – they cannot hurt” is a substantially stronger statement than I am used to hearing.

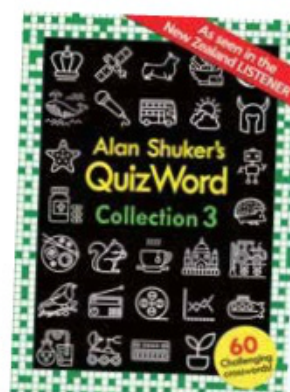
Irrespective of which version she or other speakers

Letters to the editor

{listenerletters@aremedia.co.nz}

The Editor, NZ Listener,
PO Box 52122, Kingsland,
Auckland 1352

- Letters must be under 300 words. Preference is given to shorter letters.
- A writer’s full residential address is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.



PUZZLE BOOK GIVEAWAY

We’re giving away 20 copies of *Listener* puzzle meister Alan Shuker’s latest *QuizWord* book, featuring 60 crosswords to challenge your general knowledge and word skills. To enter, please email your name and address to listenergiveaway@aremedia.co.nz with *QuizWord* in the subject line. Visit quizword.nz for more information. Entries close at midnight on November 1, 2022.

Quips & Quotes

"What does it say about America that it takes a podcast to help free a man from prison? Because what I think it says is that either America needs to reform its justice system or podcasts need to become part of the justice system."

– Trevor Noah on the surprise release of Adnan Syed, the subject of the hit true-crime podcast *Serial*

"Never underestimate how many times your husband can do the exact same thing wrong." – Seen on Twitter

"It's really sad to feel like you're shit at being Chinese because you don't speak the 'right' language." – Chris Tse on the many emotions and frustrations felt among non-Mandarin-speaking Chinese during New Zealand Chinese Language Week.

"The principle of true art is not to portray but to evoke." – Jerzy Kosinski

"You cannot control your own population by force, but it can be distracted by consumption." – Noam Chomsky

"The past always looks better than it was. It's only pleasant because it isn't here." – Finley Peter Dunne

"I'm excited. I guess it's like anything in sport: once you make a decision, you want to follow through with it." – All Whites captain Winston Reid on retiring from international football

"Good communication is as stimulating as black coffee, and just as hard." – Anne Spencer

10 Quick Questions

by GABE ATKINSON

1. The mythological creature called the griffin has the body of a lion and the head of a ... what?

- ☐ Goat
- ☐ Human
- ☐ Eagle
- ☐ Snake

2. In 1980, which mountain was reduced in height by about 400m?

- ☐ Mt St Helens
- ☐ Mt Pinatubo
- ☐ Mt Everest
- ☐ K2

3. The YMCA was instrumental in spreading which of these sports in the late 19th and early 20th centuries?

- ☐ Boxing
- ☐ Badminton
- ☐ Squash
- ☐ Basketball

4. In 1924, the Computing-

Tabulating-Recording Company, led by Thomas J Watson, changed its name to ... what?

- ☐ IBM
- ☐ Olivetti
- ☐ Intel
- ☐ Xerox

5. Which of these is a name for a type of light, two-wheeled carriage pulled by one horse?

- ☐ Gig
- ☐ Pomp
- ☐ Jam
- ☐ Flick

6. Which of these ingredients is a known part of the recipe for Drambuie, a Scottish liqueur?

- ☐ Coffee
- ☐ Blackcurrants
- ☐ Honey
- ☐ Almonds

7. Which sci-fi TV series included a rapidly reproducing

species called Tribbles?

- ☐ Doctor Who
- ☐ Star Trek
- ☐ The X-Files
- ☐ Quantum Leap

8. True or false? The Great Pyramid of Giza is the heaviest human-made structure in the world.

- ☐ True
- ☐ False

9. Which Japanese city was formerly called Edo?

- ☐ Kyoto
- ☐ Hiroshima
- ☐ Osaka
- ☐ Tokyo

10. Which of these is *not* one of the three main divisions of an insect's body?

- ☐ Head
- ☐ Carapace
- ☐ Thorax
- ☐ Abdomen

Answers on page 58.

use, they are spitting into the wind of strong evidence that words can be, and are, used to harm. Words are used to undermine the right of an individual or their group of people to belong as participating members of a society or community. Irrespective of whether those assaults are cast as humorous, they trample the mana of those targeted and wound their spirit, damaging their self-confidence and sense of safety.

A local whakataukī warns that words are weapons that cannot be parried, an understanding that shapes marae kawa and tikanga more broadly.

To be able to transform our constitutional arrangements to prioritise respectful relations between persons and peoples, we must face up to the harm that spoken and written words have done and continue to do here, and we must utilise words in more humane ways

to communicate, govern, and participate in our society. Nāku noa.

Raymond Nairn
(Mt Roskill, Auckland)

COUNTING CLICHÉS

Going forward, I'd like to lean in and unpack Tim Hazledine's reckons (*Letters*, October 1), and get really granular, but at the end of the day, it's a work in progress, so I suggest we take this offline.

Only eight clichés. My bad!

Elke Chilwell
(Grey Lynn, Auckland)

The optics look bad, but it's no good crying over spilt milk and a chain is only as strong as its weakest link, therefore going forward, we will learn lessons – no pain, no gain – and a good rule of thumb is the taxpayers can spend their hard-earned money better

than any politician with a bee in his bonnet barking up the wrong tree because a little knowledge is a dangerous thing when what we need, at the end of the day, by hook or by crook, is a new lease on life remembering the best things in life are free.

Dennis Horne
(Oxford)

At the end of the day, the bottom line from the get-go is business as usual, a shared experience of lols and WTFs, high fives and fake news on life support.

DL Calder
(New Plymouth)



Letter of the week prize

Tramper and book publisher Robbie Burton's memoir, in which he reflects on his early life and outdoor adventures and how this interest has been interwoven into his publishing career.

LAITHWAITES
WINE

11 WINES + 4 GLASSES

All for just \$130



Readers of Listener are invited to indulge in a bold and rich **Barossa Shiraz** from iconic Peter Lehmann, a dark and delicious **16 Little Black Pigs Cabernet** exclusive, gorgeous **Gold-medal Cabalié** – crafted from old-vine French Grenache, and inky, intense **Boscwood Petit Verdot Shiraz**. Satisfy your craving for smooth Spanish reds, with the **Artiga Garnacha** from Campo de Borja and a beautifully cellared, **multi-Gold Gran Reserva** out of Valencia, plus discover a whole lot more in your case.

- ✓ 11 Stunning Reds for just \$130
- ✓ 4 Dartington Crystal Stemless Glasses
- ✓ Mixed or mostly whites also available



Order now on **0800 004 612** quoting **'9080008'**
or visit **lw.wine/nz-9080008** *(Lines open Mon-Fri 10am-8pm)*



DELIVERY INCLUDED

Terms and conditions: This offer is from Wine People Pty Ltd (Laithwaites, us, we, our). Offer available while stocks last and limited to one case per household. Offer of 11 wines plus 4 stemless glasses strictly available at the special selection price of \$130, individual items only available at higher prices. Valid for new Laithwaites customers only. Cannot be used in conjunction with any other Laithwaites offer. No sale contract is formed, and your order is not accepted until we dispatch the product(s) to you. You must be 18 years of age or over to order wine from us. Wine will not be delivered to persons under the age of 18 years. Most orders are fulfilled within 2-4 days. Please allow up to 5 days for South Island. *The Wine Handbook will only be sent to new customers. If a wine becomes unavailable, a similar wine will be supplied. Stemless glasses stock is limited and if either pair is unavailable, they will be substituted with a bottle of wine. If you are unhappy with the substitute you can request a refund. RRP is as provided by the wineries at time of printing this offer. Unfortunately we are unable to deliver to PO Boxes, Parcel Lockers and to the following postcodes; 8016 (All suburbs including Waitangi, Owenga and Kainarua), 8942 (All suburbs including Pitt Island), 9818 (All suburbs including Stewart Island) and 0991 (All suburbs including Tryphena and Whangaparapara). All our wines are covered by our guarantee – if you don't like a wine for any reason Laithwaites will refund you and arrange to collect the wine at our cost. Wine People (Licence No. 57701843, LIQP770016550) Level 2, 407 Elizabeth Street, Surry Hills, NSW 2010. Our full Terms and Conditions of Sale apply to this offer and are available here: www.laithwaites.co.nz/terms or call us on 0800 004 612. **Privacy:** Wine People Pty Ltd (Laithwaites, us, we, our) collects your personal information in accordance with our Privacy Policy, so that we can process your orders, provide and improve customer service, promote ours and our partners' products and services and maintain your online account. Without your information, we may not be able to provide you with services or information and you may miss out on receiving valuable information about us. We disclose your personal information to our group members and third party service providers who may be located overseas including in UK and USA, and you consent to this disclosure. You have a right to access your personal information that we hold, and may request us to correct this. We may from time to time share your information with carefully screened companies. If you do not wish to receive information from these companies please advise us by letter, email or call our customer service team on the number below. Our Privacy Policy contains more detail on your rights: www.laithwaites.co.nz/privacy. For access, questions or complaints, you can call us on 0800 003 169, email us at privacy@laithwaites.co.nz or write to us at PO Box 201236, Auckland Airport Auckland 2150.

Cheers!
cheers.org.nz



JONATHAN KRONSTADT

Crying shame

I was chatting with a neighbour the other day about a visit to our 25-year-old son in Colorado. It was an emotional trip, as my favourite young man is playing David to the Goliath of gentrification in a working-class neighbourhood in a developer-devoted city. I teared up as I related the story, especially because the neighbour in question lost his 25-year-old son 18 months ago — another in the seemingly endless list of tragedies that befall the kindest and gentlest among us.

Being an American male, my first reaction to the welling up of tears in my eyes was to stifle, block, and/or cause them to retreat to the deep hole I've spent much of my life digging just for them. But I'm not good at it any more, and neither is my neighbour, so all we managed was a moronic attempt at hiding emotions that could not have been in more plain sight.

As I age, these moments happen more often, and apparently I'm not alone. There's no clear scientific explanation for it, but men do cry more as we age. It might be a drop in testosterone, which, in addition to all the other fun it produces, apparently inhibits tears, but that's far from proven. It is freeing to give one's emotions a bit more room after decades of being tightly laced up, but the spillover finds me weepy at things like players hugging after a particularly compelling tennis match — sport being the only arena in which displays of male emotion are historically allowed — or nearly every episode of *The*

Great British Bake Off.

I had only sisters growing up, and our first child was a girl, so when Max was born, I remember thinking it would be good to pay a bit more attention to his emotional intelligence than was

survive adolescence, they can navigate adult life as emotional children. I'm sure they included some solutions to this particular Sophie's choice, but I had trouble getting past the twin doomsday scenarios.

Improving the emotional

from frontrunner to also-ran in the 1972 race for the Democrats' presidential nomination after either crying or having snowflakes melt on his face in New Hampshire.

On the anecdotal upside, my son and his friends show few if any signs of the stunted emotional development of the typical American male. They may in fact be a bit too physically affectionate for some, and they tend to overshare, especially when it comes to the toilet-related arts. But their loyalty and emotional intelligence and openness are light years ahead of what I experienced at their age. Because they weren't conditioned to shove everything they felt into a bag in the back of their closet, they'll be better at every role they play in life. They'll be less angry, less frustrated, less likely to turn to violence when negative emotions arise.

So much of what's wrong with the world is beyond our control, but this, like composting, is something we can do something about. We can stop perpetuating the myths that equate displays of male emotion with fragility, since such displays are decidedly the opposite. We can, in each of our lives, work towards becoming more comfortable with our emotions, and in doing so show however many men we can that it's okay to feel, and even cry, even if it has nothing to do with sport. ■

Jonathan Kronstadt is a freelance writer working in Washington DC.



Senator Ed Muskie in 1972: went from frontrunner to also-ran.

We can stop perpetuating the myths that equate displays of male emotion with fragility.

the habit of previous generations. I read a book entitled *Raising Cain: Protecting the emotional life of boys*. To my then sleep-deprived eye, the authors gave parents of boys two choices: 1) raise your sons to be emotionally open, then hope they survive adolescence when their peers, who see any sign of emotion as one of weakness, pound them relentlessly, or 2) raise your sons to be stoic, then hope, after they

intelligence of US men has never been easy. No less a source than *Beef* magazine, the oracle of the cattle industry, in a reasonably thoughtful piece on the rise in emotion among men of a certain age, included the following: "This can be distressing, as we don't want to appear weak in front of our peers or family." And crying in public has derailed more than a few political careers, most notably Ed Muskie, who went



CHARLOTTE GRIMSHAW

Time bomb

At New York's Longacre Theatre, we queued past police and security, through magnetometers that flashed a neon reminder: No guns. Once inside, we watched a handsome dog from the NYPD K9 squad nose through the seats, politely looking for explosives. The play was Tom Stoppard's *Leopoldstadt*, the story of a Jewish family, that begins in Vienna in 1899, and spans more than 50 years. I was already in a state of nerves, girding myself to face the unbearable.

We stumbled out two hours later, racked and tear-streaked, having travelled through the build-up to the Holocaust, its savagery and its aftermath. As we elbowed our way through the freak show of Times Square, with its naked buskers and neon billboards, and stern yet bonkers civic reminders ("This is a Gun-Free Zone"), the play seemed so chillingly apt for the times that I couldn't stop exclaiming, like a doom-laden prophet, "They didn't see it coming. In the 30s, they didn't see it. And it's coming again."

It's coming again. If you watch cable news, you feel it. If you follow the fortunes of Donald Trump, you know it. But most Americans don't watch news, or, at best, they occasionally glance at Fox. They're preoccupied with getting by in tough economic times; many don't notice or care that American democracy

is teetering. They're at risk of rule by an authoritarian movement whose playbook is openly fascist, flamboyantly corrupt, and autocratic.

Election security is threatened. Trump's lie that the 2020 election was stolen is now pervasive, and more election-deniers are standing for posts that will place them in charge of upcoming poll results. If elected, and if they don't like the next outcome, they won't certify it.

The judiciary is weakened. Trump's way of fighting the latest criminal investigation into his affairs has been to shop around for a tame judge appointed by his administration. All week, commentators were discussing this judge's recent rulings in Trump's favour, describing them as outrageous, and egregiously contrary to the rule of law.

The business of politics is

corrupted. Republican politicians are competing to equal Trump with fascist messaging, and migrants are the target. In New York, news broke that Governor Ron DeSantis of Florida had hired operatives to trick migrants on to a plane

racist and xenophobic acts as righteous, was not new. The stunt harked back to earlier times, when southern segregationists tricked black people into moving north with one-way tickets and false promises of housing and jobs.

Their playbook is openly fascist, flamboyantly corrupt, and autocratic.

and fly them to a place considered a liberal enclave. When the bewildered group arrived with their children in Martha's Vineyard, they were greeted kindly by locals, who were outraged that Republicans would use innocent people as pawns.

Pro-Republican Fox News celebrated the cruelty, and broadcasters and politicians chuckled at the footage. The aim, to dehumanise those designated as other, to treat

In a New York bar, we watched footage of Trump's latest rally. He repeated his election lie, railed against the free press, and played music especially significant to the Q-Anon movement. Many in the crowd held up their arms in the Q cult's Nazi-style salute.

Since Q-Anon followers believe, among other things, that Democrats are Satan-worshipping paedophiles, they are a conveniently fervent group for Trump to cultivate. In their fight against Satan, these warriors will go all out. Hence the need for the polite bomb dog, nosing his way through the theatre. He was there because the risk of terrorism is high, and the No 1 threat is domestic.

Who knows how Trump's white supremacist followers might react to *Leopoldstadt*, a play about the people they have vowed "will never replace them". ■

Charlotte Grimshaw is an Auckland author and critic.



"Next year, I propose we give the crowds what they really want."



BILL RALSTON

Centred on the challenge

Jacinda Ardern and sidekick Grant Robertson must be wondering how to break out of what appears to be a downward polling spiral for themselves and Labour.

Ardern's recent trip to the US, the Queen's funeral and the United Nations showed she still has the "star factor" internationally, but opinion polls show that glow is fading. National has now increased its numbers to match Labour's, while the approval levels for Ardern are dipping. Why?

Some observers point to issues such as co-governance and Three Waters, claiming that opponents such as National are tapping into a streak of racism in society, but that is too simplistic. In 2004, then-National Party leader Don Brash used his Ōrewa speech on race relations to mobilise a sizeable chunk of votes that almost saw him take the government from Helen Clark and Labour. But that was nearly 20 years ago, and today's party has not pulled the race card so publicly.

Look back to the 2017 election when National leader Bill English polled tantalisingly close to holding power, but Labour got its chance with the extra seats of the Greens and NZ First. Back then, National's share of the vote fell only three percentage points.

In 2020, facing a withered National Party and its procession of inadequate leaders, Labour made the most of a successful fight against the initial Covid-19 wave to romp home with the first clear sole-party majority under MMP.

Yet the past two years have seen its support slump. In that time, the country has been through more lockdowns, vaccine mandates, continued compulsory face masks in public, prolonged international isolation and a long, violently ended protest outside Parliament. It may be unfair to blame the government for all of this, but, I suspect, many do – even if unconsciously.

Sensing this, the government is frantically dismantling Covid restrictions, dropping masks, mandates and all the paraphernalia of the "hermit kingdom", as it tries to put distance between itself and

the pandemic past, even though Covid-19 is still with us, albeit much diminished from the dark days of 2020-21.

A fair chunk of 2017 National's support has slowly flowed

professional whose career has long been centred in and around the corridors of power.

The challenge for both parties is to reach out across the political centre and start nibbling at the soft support of the other. National will

Labour will have to choke back its reforming instincts, avoiding unpopular, divisive issues.

back, mainly because the party appears to have rebuilt itself from its previous trainwreck state. Christopher Luxon, despite his lack of political experience and the occasional stumble that causes, is slowly proving himself to returning National supporters as a more acceptable leader. He is ably aided in this by his deputy, Nicola Willis, who, like Ardern and Robertson, is a political

need to reach into the John Key playbook and rediscover the social liberalism that sustained him for nearly three terms. Labour will have to choke back its reforming instincts, avoiding unpopular, divisive issues such as Three Waters and extreme moves on co-governance.

They have a year until the next election. National needs to ensure the relatively unknown Luxon raises his profile and favourability while keeping extremists in his caucus under control.

Labour and Ardern have to hope that, by then, the angst of the pandemic will have disappeared, the economy will be in a better state, and its extremists in cabinet and caucus will have been successfully reined in. It needs to recognise the country has been through a trauma and the last thing it needs is the shock of a radical reformation. ■



"So, what I'm hearing is that you both have some issues around communication?"



STEPHEN
DAVIS

Why racists are winning

Efeso Collins, a city councillor of Samoan and Tokelauan heritage, may well be the next mayor of Auckland.

If he wins the election and becomes the city's first Polynesian mayor, he will have overcome a vicious online hate campaign, which included death threats after his criticism of the racial overtones of the TV show *Police Ten 7*, and the inevitable swastikas.

He will also have bucked a trend. It is becoming increasingly clear that racist social-media campaigns work. In too many places, they are vote winners.

The far-right Brothers of Italy party won the Italian election, making Giorgia Meloni the country's first female prime minister.

The sophisticated country that once elected an actual clown backed an extreme-right-wing party, many of whom revere Mussolini.

Brothers of Italy has roots in the Italian Social Movement, which was created after World War II as successor to Mussolini's Republican Fascist Party.

The Brothers have followed the model of rebranding themselves online as more moderate while pushing a classic anti-immigrant, anti-LGBTQI+ agenda.

It is racism dressed up as debate (the party suspended one of its candidates after social-media posts surfaced showing him praising Adolf Hitler, but he was only reflecting the views of many of its members).

Thanks to social media,

these extreme-right movements are international. They support each other – Steve Bannon, White House strategist under Donald Trump, is a fan of Meloni – and feed off misinformation and disinformation.

has its roots in neo-Nazism.

There is a strange complacency in the reporting and studying of all this, particularly in Aotearoa.

The it-can't-happen-here crowd ignore the fact that it can happen anywhere. No one

in Georgia during the Civil War. Who hears that? A few hundred in the audience, perhaps a few thousand more reading a report in the local paper. Coverage of the torch carriers in Charlottesville reached tens of millions, in real time.

One of the things extreme-right-wing parties have in common is denying man-made climate change, and it turns out liberals should be hoping the weather does not get too hot before elections.

Climate change is making us angrier online, according to new research.

Hateful comments rise on social media when temperatures climb above 30°C, according to the Potsdam Institute for Climate Impact Research in Germany.

"It's an indicator of how well people can adapt to high temperatures," said Annika Stechemesser, lead author of the study published in the *Lancet Planetary Health*. "If temperatures go too hot or too cold, we found that there's an increase in online hate speech, no matter the socio-economic differences, religion or political beliefs."

If Collins fails to win, it probably won't be because of the weather.

It might, of course, be because voters decided the other guy was a better candidate. Or because our supposedly tolerant country doesn't want a Polynesian running our largest city. ■

Stephen Davis is a Dunedin-based investigative journalist, educator and author.



Italy's first female prime minister, far-right leader Giorgia Meloni.

Hateful comments rise on social media when temperatures climb above 30°C.

Distracting people by making them angry is the goal: why have a reasoned debate about immigration when you can get people angry posting about black mermaids?

In Sweden, previously held up as a bastion of moderate social democracy, the anti-immigration Sweden Democrats will play a major role in the new government after winning the second-largest share of seats in the general election. The party

predicted the rise of Trump or his enduring popularity among millions. How could we imagine people voting for a conman who says he can declassify secret documents just by thinking about them?

Racism has always been with us; so has misinformation and disinformation, academics will tell you.

But imagine a politician speaking in support of slavery



JANE CLIFTON

Poll position

The government's U-turn on foreign seasonal workers has come too late to help it avoid political damage.

How many handbrake turns can you get away with before your car gets sent to the crusher?

The rubber was still emitting smoke at the Beehive this week, after a massive policy reversal on seasonal workers, when the latest opinion poll dropped. It projected that the great car of state was highly likely to be confiscated. National and Act could very well be seizing the car keys and re-pimping the ride next election.

This suggests the government's increasing penchant for butt-saving U-turns is now officially in vain. It has prudently dialled back a number of its dearest ambitions to preserve voter support, the capital gains cancellation its biggest sacrifice.

The change of direction on importing seasonal workers, coming after years of warnings to employers to stop depending on cheap foreign labour, was in a different and more honourable category, first elucidated by John Maynard Keynes. When the facts change, as the economist said, it's smart to change

British PM Liz Truss

one's mind. The prospect of businesses failing and crops rotting for want of local workers is not, the government has now accepted, just greedy employers bleating. The labour shortage is global and apt to hit this small, distant economy harder than most. The inconvenient reality has finally trumped Labour's ideological allergy to cheap labour imports.

The labour shortage is global and apt to hit this small, distant economy harder than most.

It will hurt the party grievously to park the underpinning of its entire workforce policy. But the bigger pain may be that the U-turn is too late to help it avoid political damage.

The *New Zealand Herald's* annual Mood of the Boardroom survey of business leaders disclosed an unprecedentedly negative view of the government's stewardship, well entrenched. A chief complaint was uncertainty. The

government appears not to get points for backing off controversial reforms. By the time it retreats, the disgruntlement and uncertainty caused by the

initial intention have set solid.

The Beehive's Flip-Flop-O-Meter is now probing Finance Minister Grant Robertson's labour of love, the social insurance scheme. This won't be implemented until late next term, and has had the curious distinction of being guardedly supported by business, while the unions are only lukewarm. If adopted, it would dock 1.4% more from pay packets from

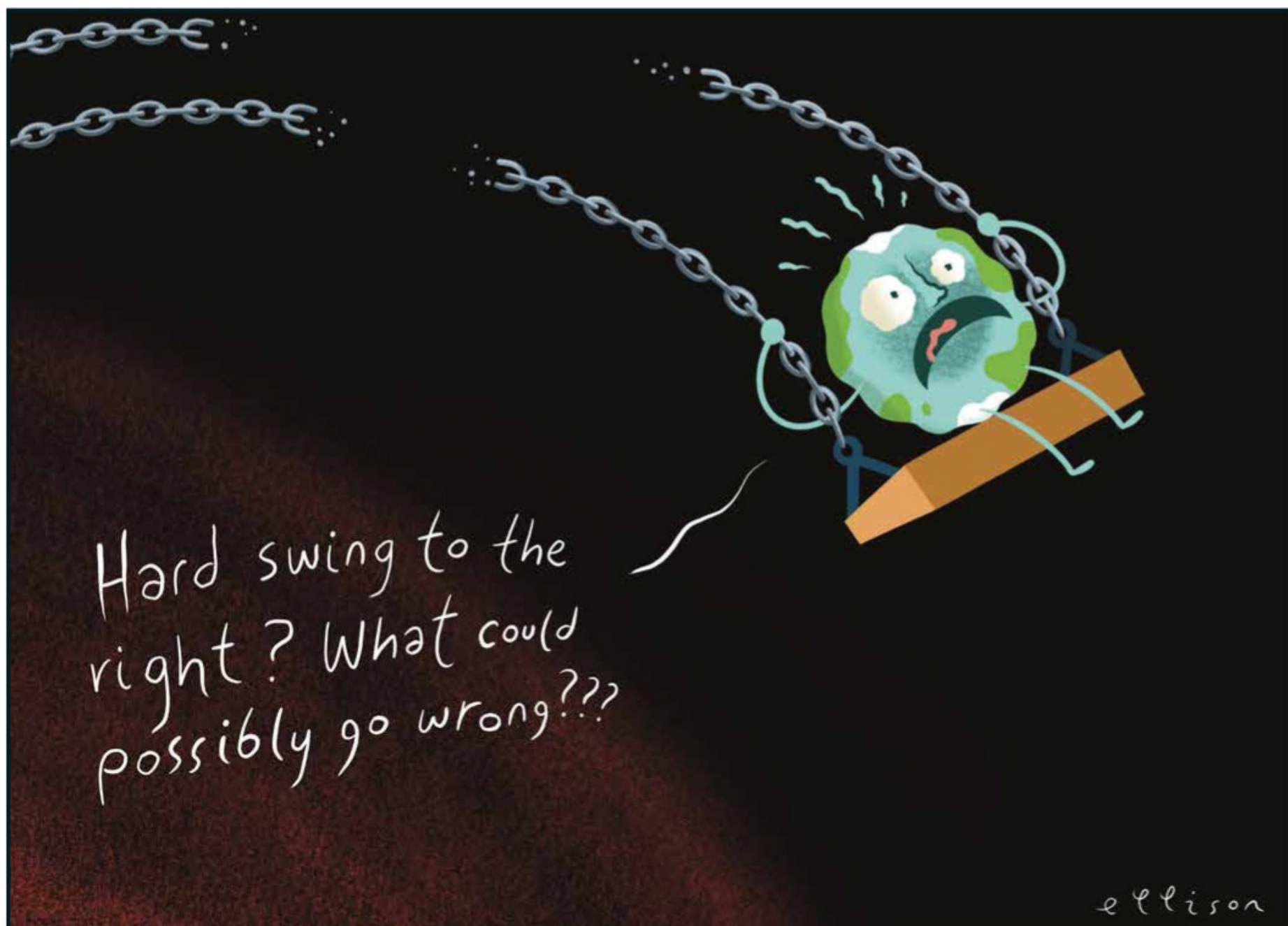
quick-acting tool left. It was once thought the only way was up, but countries that tried fiscal austerity to ease the global financial crisis of 2008-09 lived to regret it. Making everyone poorer, even while assuring them it was for their own good, turned out not to be socially – or electorally – sustainable.

In Britain, the Conservative government only survived that experiment because its Labour opposition was in chronic disarray.

TAX-CUT BONANZA

Now, everyone is watching Britain again – though this time more as one might watch a harness-free tightrope walker crossing an Amazon alligator habitat. Peeping between our fingers with hearts racing, we're witnessing the biggest tax-cut bonanza in several decades. Flung into the snarling teeth of monster inflation – up to 18% – last week's mini-budget will either blow up in Britain's face or rocket-fuel it to prosperity.

New Conservative Prime Minister Liz Truss has gone back to the Thatcher-Reagan-era growth menu, determined that putting more of people's earnings back in their pockets will bulldoze Britain through its cost-of-living crisis and back into strong growth. It's head-clutchingly risky at a



time of vaulting debt-servicing costs and with geopolitics teetering on Vladimir Putin's testosterone levels. The tax cuts' companion-piece is also scary: sweeping deregulation, most controversially, lifting bans on development in the equivalent of our conservation-estate lands.

This is the economic equivalent of a soap opera cliffhanger. Appropriately enough, the last time this sort of economics was considered orthodox, people were still excited about who had shot JR, the tax-dodging billionaire anti-hero of 80s TV series *Dallas*.

Today's spectacle is more like cartoon viewing. The pound went over a cliff faster than Wile E Coyote and his anvil after the mini-budget's announcement, and Labour leader Sir Keir Starmer whisked past Truss in the polls with a Roadrunner-esque

chortle. Debate between economists is distinctly *Tom and Jerry*. Some say the expected downsides – debt and a long hiding for the currency – will be worth it; others fear any lift will be consumer- rather than productivity-driven, causing more harm than good.

COLD FEET

Truss' gamble already appears to have restored some lead to National's pencil, with its new campaign against what it wants people to call the Jobs Tax: the proposed job insurance scheme.

Till now, it has scarcely bothered about the proposal, which on the "jam tomorrow" scale is merely a wee bit less jam, the day after the day after tomorrow. With employers supporting it, there seemed barely a dog in the hunt.

But with tax rates creeping back on to the agenda,

Business New Zealand has developed cold feet, and National sees a catchy electoral wedge.

Tax rates have been a diminishing voter concern

pledge for exactly the reasons Truss has been lambasted for making them.

If Britain looks even faintly like succeeding, suddenly tax cuts will be the new black.

If Britain looks even faintly like succeeding, suddenly tax cuts will be the new black.

for the past several elections, with people considerably more exercised about housing affordability, stagnant pay, climate change, health and education.

Accordingly, both main parties had until recently set their feet in semantical concrete on the issue. The government vowed "no new taxes" this term, and National has promised only to restore tax-bracket relativities, after abandoning an earlier tax-cuts

As with our other old friend, inflation, however, we may have a peculiar skills shortage: people who still remember how to speak 1980s and comprehend what's meant by trickle-down, pump-priming, deregulated supply-side economics and the Laffer Curve. At this rate, it's not surprising that shoulder pads have already made a comeback. Duran Duran and Jane Fonda workouts can't be far away. ■

Meat the challenge

If we are serious about tackling climate change, most of us need to eat fewer animal products. But there are other benefits, too. **by ANDREA GRAVES**

It's been a harsh summer in the northern hemisphere. In legendarily green, rainy England, roads melted in July, and the London Fire Brigade had its busiest day since World War II. People literally died of the heat – during the last two weeks of July, there were about 16% more deaths in the UK than normal for that time. Elsewhere, there has been immense climate-related suffering: horrific heatwaves in India and China, and devastating floods in Pakistan, China and Uganda.

Almost everyone has got the message by now: combating climate change is not something we can put off until the future – it is already starting to bite. When it comes to putting some teeth behind your actions, however, what kind of diet might help? What is the most climate-friendly diet, and is the trade-off malnourishment?

According to the latest report by the Intergovernmental Panel on Climate Change (IPCC), a plant-based diet is the biggest behavioural shift a person can make to reduce their individual greenhouse-gas emissions. Food choice falls into the “shift”

rather than “avoid” category, says the IPCC, because the global food system is responsible for about a quarter of human emissions.

But what exactly does “plant-based” mean? Merriam-Webster hasn't yet added the term to its dictionary, stating that the definition is still unclear. To some people, it means cutting out all animal products, but to many, it encompasses low-meat diets. It can mean vegan, vegetarian or flexitarian.

Whatever rules you follow, there appears to be a growing number of such eaters in Aotearoa: according to an annual survey of more than 1500 Kiwis commissioned by Rabobank, vegetarians have increased from 7% to 9% of respondents over the past year, while those

declaring themselves vegans are up from 2% to 5%. Nearly a third of those surveyed want to eat less meat, whereas 7% plan to eat more.

MILKING IT

Australasians are the world's biggest red-meat and milk consumers, outpacing even high-income North Americans. People in South Asian countries eat, on average, about a 20th of our typical red-meat intake.

Red meat sits at the pinnacle of greenhouse-gas producing foods. Beef consistently leads the pack, followed by lamb, processed meats, pork and cheese. Milk in its unprocessed form falls far lower on the scale. But products' emissions depend on how they are produced; New Zealand beef, lamb and milk lie

at the lower end of the spectrum, but still well above plant proteins.

Local research shows that cutting out meat still significantly lowers diet-related emissions. A University of Otago study found that compared with a standard New Zealand diet, vegetarianism cut emissions by 30% and veganism by 33%. Another study showed that meatless but dairy-

rich fare cut dietary emissions by nearly a quarter. That study's authors, who were mostly from the Ministry for Primary Industries and Massey University's Riddet Institute, emphasised that a century from now, when the eater will have died, the methane emissions associated with meat will have largely finished exerting their powerful warming effect and broken down. However, if younger generations keep eating meat, they're likely to keep methane levels elevated.

One of the study's authors, Carlos Gonzalez-Fischer, is now at Cornell University in New York, but was previously at the New Zealand Agricultural Greenhouse Gas Research Centre. Gonzalez-Fischer, whose speciality is food systems with an emphasis on livestock and

Australasians are the world's biggest red-meat and milk consumers, outpacing even high-income North Americans.







I'M STARVING

A SHIFT TOWARDS LESS MEAT

cannot be universal. "It's naive to think that not eating animal products can be a global prescription," says Andy Reisinger. "Livestock provide a basic reliable income and nutrition for many people in developing countries. When crops won't grow, people can rely on animals to carry them through a drought period. Dung is used for fertiliser and fuel. And there are about 900 million malnourished people, most of whom could really do with consuming more milk and meat for the nutrients they provide." He says it would be unfair for rich countries, which have generated the vast majority of emissions to date and continue to have high emissions per capita, to tell poor countries what they can eat to save the climate.

Carlos Gonzalez-Fischer notes that more than a billion people globally have livelihoods supported by livestock systems. "Policies aimed to reduce demand for livestock systems will need to provide for a 'just transition' for those livelihoods," he says.

climate change, says the important message is that all studies show that changing your diet to reduce your meat intake can significantly reduce dietary emissions.

As with all trends, individual changes may not make a huge difference on their own, but collectively they have a multiplier effect, he notes. And they can also have important ramifications for other issues, such as land use, health, and animal welfare.

Land use matters because if people can

“Moving towards more plant-based diets is a no-brainer. But it has to be a gradual shift.”

be fed from less land, there's more space to restore or preserve native forests and wetlands. Those ecosystems sequester far more carbon than land comparatively denuded for agriculture or crops.

Because it takes a lot of land to feed cattle, beef production is considered particularly tough on the environment, regardless of whether the cattle graze pasture or are fed crops and crop residues. Such calculations also rate a food as more climate-friendly if

its production is more intensive and therefore spares land. However, this assumes freed-up land is actually used for carbon-sequestering ecosystems.

"There are other consequences to eating less meat that are so positive it's crazy not to consider it," says Gonzalez-Fischer. "For most people in the developed world, eating less meat is a good idea."

HEALTH BENEFITS

Could cutting back on meat harm our health? The weight of evidence falls heavily on the opposite effect. Most studies show vegetarian, vegan and low-meat diets reduce the risk of developing what most Westerners die of: cardiovascular disease, cancer and type 2 diabetes.

Professor Sheila Skeaff, of the University of Otago's human nutrition department, says the evidence from numerous studies, published in reputable journals, is that a decrease in meat consumption in many countries would benefit both human and planetary health. "All the food and nutrition guidelines being redeveloped in countries around the world are shifting their emphasis towards a plant-based diet and reducing consumption of meat," she says.

Boyd Swinburn, professor of population nutrition and global health at the University



of Auckland, says diet is by far the biggest risk factor in the world for disease and early death. “Diets high in salt and sugar and low in fruit and vegetables account for about 18% of disease in Aotearoa. That’s twice the impact of tobacco.”

He says the global food system is responsible for the human and environmental health “syndemic” (meaning problems caused by two or more epidemics interacting with each other). “Of the types of food that have health impacts, ultra-processed foods are the worst. Sugar, confectionery, french fries and chocolate biscuits are all plant-based, but definitely not wholefoods,” he says. “‘Plant-based’ needs to be qualified as wholefoods.”

To tease out what dietary factors move the health dial, Swinburn and all the experts the *Listener* spoke to pointed to the Global Burden of Disease (GBD) study. It crunches a massive amount of international data to show that although a diet high in red meat (which includes pork) is indeed a risk factor for disease and early death, processed meat is worse (see graphs on page 19).

The riskiness of either is dwarfed by sodium (salt). After salt, and well above meat, comes a lack of certain foods. The deficits that have the greatest effects are, starting with the highest risk: wholegrains,

fruit, nuts and seeds, vegetables, omega-3 fatty acids, fibre, legumes and polyunsaturated fatty acids.

When people reduce meat, they typically eat far more of these foods if they can choose healthy options. (A possible exception is omega-3 fatty acids, which come mostly from marine sources.) Their production comes at a much lower greenhouse-gas cost than does red meat, but sometimes uses more water.

The average downunder diet is far from ideal, according to the GBD study, and even falls below the suggested milk intake of 400g a day. For instance, Kiwis devour about three times too much red meat and processed meat. According to the study, the optimal red meat intake is about 23g a day – perhaps a sixth of an average steak.

PUDDING’S PROOF

Cristina Cleghorn, a public health nutrition researcher at the University of Otago’s department of public health, took part in



Boyd Swinburn and Cristina Cleghorn point to the health risks of meat-laden diets.

the research that showed that vegetarianism, and especially veganism, cuts diet-related emissions.

“When you change the average diet towards a low-emissions one, you’re changing the intake of dietary risk factors,” says Cleghorn. “We looked at the potential savings to the health system associated with those reductions in chronic disease. Over the lifetime of the modelled cohort, the savings got up to about \$20 billion if the whole population went vegan.”

Cleghorn also leads research into finding a Kiwi diet that meets nutri-

tion needs and reduces greenhouse-gas emissions without increasing costs to individuals. The outcome is similar in several ways to the internationally formulated EAT-Lancet “planetary health” diet. That diet is designed to feed 10 billion people, reduce deaths caused by unhealthy and insufficient

LOW-HANGING FRUIT

SOME CLIMATE-FRIENDLY FOOD

habits are simpler to cultivate than diet change.

Avoiding food waste is one. It matters because greenhouse gases are emitted when food is produced, processed, packaged, transported, chilled, and cooked – but it's all for nothing if the food isn't eaten. If it rots in landfill, it produces even more gases.

The problem is huge. It has been calculated that if global food waste were a country, it would be a bigger emitter than India.

The office of the prime minister's science adviser estimates that New Zealanders waste 157,000 tonnes of food per year, and hundreds of thousands more tonnes may be wasted before reaching our homes or plates.

Eating more than you need is also unhelpful. A climate-friendly diet involves eating enough nourishing food to maintain a healthy body weight, but not more.

Eating locally is another common recommendation. However, that would only have a significant impact if transport generated a large share of food's carbon footprint. "Transport tends to be a small part of a product's total emissions, unless it's air-freighted here – emissions from production are generally much bigger," says climate commissioner Andy Reisinger.

Counterintuitively, imported foods that can be grown more efficiently elsewhere could have a lower footprint.

Eating seasonally can also be climate-friendly, particularly if it's produce that's grown outdoors. Natural gas or even coal is regularly used to heat glass-houses to grow summer vegetables over winter. And some indoor crops, like tomatoes, are grown with added carbon dioxide.



New Zealanders waste 157,000 tonnes of food per year.

diets, and prevent the collapse of the natural world. It calls for plant-sourced protein and, optionally, modest animal-product consumption.

"Modest" means just under 100g of red meat (a small steak) weekly and 200g each of poultry and fish at most. Potatoes are limited to the equivalent of a small spud daily and eggs to two a week. Wholegrains, vegetables, nuts and legumes are abundant. The diet includes up to two cups of dairy milk and two tablespoons of sugar a day.

According to the authors, this diet would improve almost everyone's health, and reduce early death by an estimated 19%. It would not free up much land, although it would prevent further wild areas being cleared, while feeding more people.

TOO MUCH TUCKER

Not surprisingly, some of those associated with the agricultural industries are keen to put forward a different point of view. Warren McNabb, professor of nutritional science at the Riddet Institute, says mathematical modelling by the institute and Fonterra (with which it has a strategic relationship) has shown that if meat and seafood were removed from global food systems, it would not be possible to grow enough plant foods to provide sufficient micronutrients for the 2030 global population without further deforestation.

McNabb is also concerned that cutting meat will cause people to over-consume calories. The problem, he says, is that a plant-based diet has a much lower concentration of several nutrients. "When we model this, we see calories go up. If you control calorie intake in this kind of scenario, then you get less micronutrients because they tend to be lower in plant foods."

His co-author, Nick Smith, notes that although people consuming a vegetarian diet tend to have a healthier body mass index than the average person, this may be because people who avoid meat have other healthy habits that lower body weight.

Sheila Skeaff is sceptical. Seven out of 10 adults in New Zealand are overweight or obese, she notes. "If eating meat helped with calories, surely we should see fewer people in New Zealand who are overweight than in other countries that have much lower meat



Warren McNabb and Sheila Skeaff: different views.

intakes," she says.

Skeaff also observes that substituting meat with vegetables, legumes and wholegrains is likely to increase some other nutrients. "Although the amount of nutrient in a diet can give an indication of a problem – or not – it is more important to look at the outcome of the poor diet such as anaemia, osteoporosis, growth in children, heart disease, etc."

Boyd Swinburn insists that switching to wholefood, plant-based diets actually leads to lower calorie intake. "It increases the bulk considerably because plants are full

of water and fibre. People tend to eat to a weight of food, so more whole plant foods at the same weight of food gives fewer calories."

Swinburn also suggests the institute's claims about potential deforestation are unrealistic because there is no serious proposal to end all meat-eating (see "I'm Starving" on page 16).

When the Riddet team modelled removing flesh production, it left dairying at current levels and evenly upscaled eggs, milk and existing plant crops.

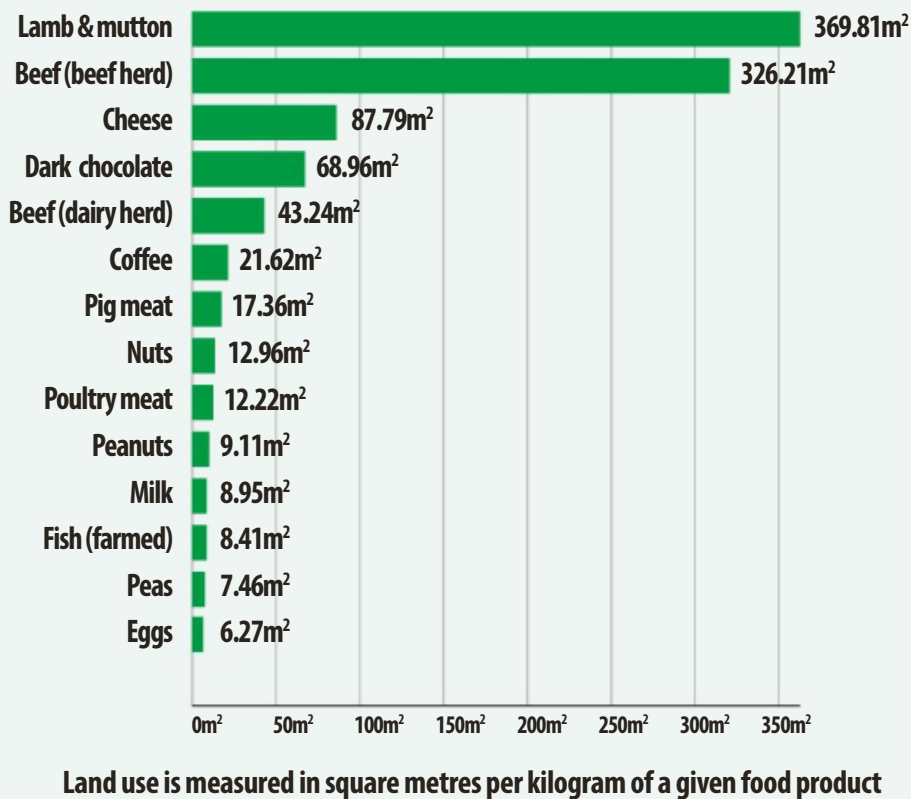
"What this shows," says Gonzalez-Fischer, "is that if we remove all meat from global diets, we need to restructure the whole food system. But it does not necessarily mean we can't find a combination of eggs, dairy and crops that would satisfy global nutritional requirements."

The mixture of crops would likely have to change significantly in a low-meat future, according to the EAT-Lancet report, featuring proportionately more legumes and nuts. These are low-yielding crops but it is believed they could benefit from the same efforts that have boosted yields from wheat, maize and rice, which contribute more than half the calories people eat.

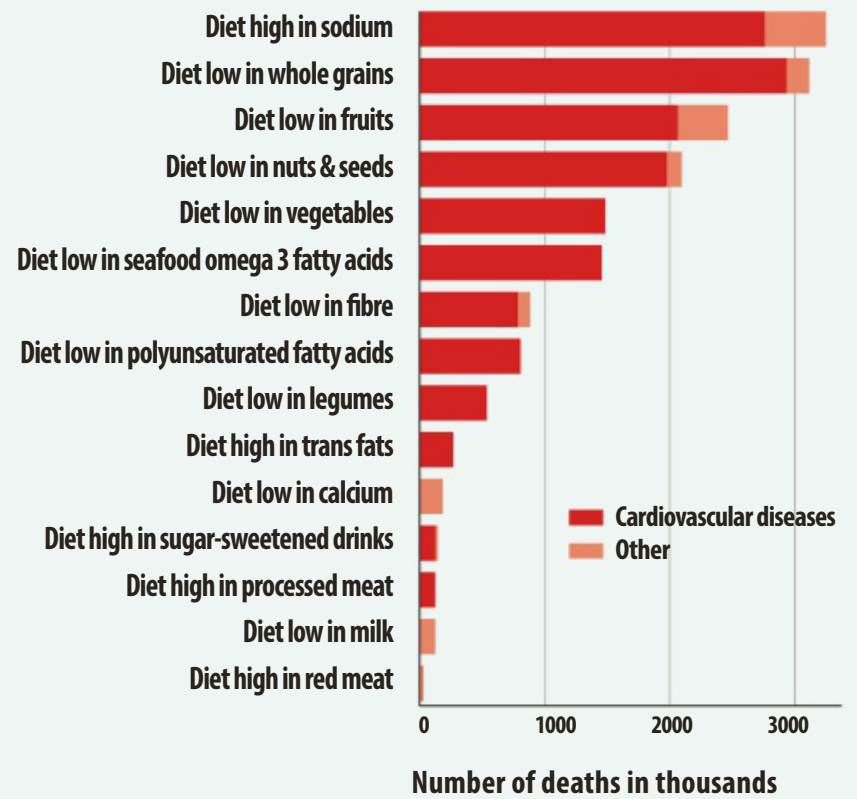
JUST A LITTLE

None of the experts the *Listener* spoke to believe we all need to stop eating meat, but most say we can safely do so. "Adults in rich countries are perfectly fine without meat and dairy, or a small amount," says Swinburn. "That's compatible with

Land use per kilogram of food product



Number of deaths attributable to diet in one year globally



GLOBAL BURDEN OF DISEASE STUDY 2017

being responsible environmental citizens and doing what we can to reduce climate change.”

Going vegan is too much for most people, he says. “People have busy lives and when their bandwidth gets taken up ... they take the easy, cheap option. There are quick, cheap vegan meals, but they’re mostly not part of our national cuisine.”

One way to make changes to what’s “normal” would be free school lunches, he

“If the average New Zealander could eat less meat, that could have a big impact on our dietary greenhouse-gas emissions.”

says. He has been calling for years for the government to pull levers to improve diets.

Skeaff agrees. “Moving towards more plant-based diets is a no-brainer. But it has to be a gradual shift. If you’ve had meat every day, shift to one day a week without it, then two, then three.”

Perhaps a literal carrot and figurative stick might work, says Cleghorn. “With food prices at the moment, people aren’t keen on taxes, but if you put a tax on some of the more emissions-intensive foods, with a subsidy on foods that are good for health

and have low greenhouse-gas emissions, the impact on people’s weekly shop could be cost-neutral.”

Her team found that a greenhouse-gas tax plus a fruit and vegetable subsidy would save about \$6 billion in health costs over the modelled cohort’s lifetime.

“If the average New Zealander could eat less meat – smaller portion sizes and less frequently – that could have a big impact on our dietary greenhouse-gas emissions, rather than relying on a smaller proportion of the population giving up meat.”

Swinburn is involved in the Aotearoa Circle, a voluntary collective that aims to reverse the decline of our natural resources. Its Mana Kai initiative is taking a mātauranga Māori approach to the future of food that considers how the wellbeing of people and the natural environment connect. “It’s a world view that’s far closer to what we need,” he says.

Andy Reisinger, one of New Zealand’s climate commissioners and vice-chair of the working group that produced the latest IPCC report, says one thing is clear: without targeted efforts to reduce food-related emissions, it will become impossible to restrain global heating within the “safe” limit – even if we rapidly reduce fossil-fuel use and achieve global net zero carbon dioxide emissions by the middle of the century. “We can only limit warming to anywhere near 1.5 degrees if we pull all levers, not one or the other,” he says. ■

THE HEALTHY VEGAN

VEGAN DIETS NEED MORE PLANNING and dietary knowledge than vegetarian ones, and plant milk fortified with B12 and perhaps calcium is advisable. People are often concerned about getting enough calcium and iron, but Sheila Skeaff says calcium intake is low in many groups, regardless of whether they eat meat or dairy, and Kiwi women can have low iron regardless of how much meat they eat.

Although dietary changes in themselves don’t usually trigger an eating disorder, they may be a symptom of one, especially if accompanied by significant calorie reduction and over-exercise.

“For most young people it’s a good idea to be aware of the environment and eat more healthily,” says child and adolescent psychiatrist and paediatrician Hiran Thabrew of Starship Children’s Hospital. “Parents can support these young people to adjust their diet in a healthy way, making sure they get enough quantity and variety of food. But if they notice their children significantly restricting the amount and type of plant-based food they’re eating, they should seek advice from a health professional.”

Athletes’ bodies have high demands but seem to do well without meat. Studies have compared the performance of omnivorous athletes with vegetarians and/or vegans and come up with a consistent result: it makes no difference at all.

GETTY IMAGES

Growth chart

Kiwi entrepreneur Arama Kukutai is at the cutting edge of indoor farming in the US, a field he says will help sustainably feed the planet. **by SARAH CATHERALL • photograph by TONY NYBERG**

When Arama Kukutai was a boy growing up in Ngāruawāhia in the 1970s and 80s, his favourite game was Monopoly. He always won when he played against his siblings. He was the one who collected the swanky properties, filling the board with houses and hotels.

Kukutai's childhood home was simple. Money was scarce but his parents, Karu and Lorraine, filled their house with books, encouraging their children – Arama and his sisters, Tahu and Hine Te Aroha – to read and to get an education. Of Ngāti Tipa, Maniapoto, Te Aupōuri and Parihaka descent, Arama was clever, and he had big dreams of success.

There were early signs that he was going to go on to great things and it is no surprise to many that the 53-year-old is now at the forefront of the automated, indoor farming movement in the United States, and one of New Zealand's top venture capitalists.

In September, Kukutai won a Kea World Class New Zealander award for his work as an investor, company founder and entrepreneur in the agribusiness sector. Along with his career success, he was recognised for connecting with his Māori roots. He is about to launch a mentorship scheme to get Māori business and Māori STEM (science, technology, engineering and mathematics) university graduates into Silicon Valley jobs.

His Kea acceptance speech talked about his need to give back. "For a young Māori boy growing up in Ngāruawāhia, the idea that I would one day be a venture capitalist in Silicon Valley, let alone leading one of the world's leading technology companies... seemed like a pretty big stretch... I see the opportunity to close the gap. There needs to be more of my Māori whānau accepting these awards in the future."

No doubt some interns will end up at Plenty, the billion-dollar vertical farming company in which Kukutai invested in 2016. As one of the leaders of the movement in the US, Plenty is throwing ideas about traditional food production in the compost.

It is one of the four largest indoor vertical farming companies in the US, with a test factory in south San Francisco, and a new 9000sq m flagship farm set to open in Compton, Los Angeles, early next year.

Walmart, one of Plenty's investors, will stock the producer's leafy greens in its Cali-

climate becomes more unpredictable, and storms or droughts can threaten entire harvests. And by 2050, the global population will have grown from about eight to nearly 10 billion.

The worry is how we are going to feed everyone, he says. "We can all agree that the weather is getting less predictable, and for farmers and growers it's getting less and less co-operative. It's either too wet or too dry. So a big part of what powers Plenty is an ability to isolate the environment from what we grow."

Kukutai also wants to bring the cost of food down – or at least make it consistent, rather than see-sawing when supply is high or low. While he was back in New Zealand, he looked into opening an indoor vertical farm here. He won't say too much, but he has employed someone in this country to investigate the idea. "I've always been really interested in the use of land and sustainability, in part because of the ties that we as Māori have back to whenua, or the land."

BEATLES AND BARCODES

There is a sense of connection with nature in eating a strawberry plucked from a leafy patch, or a tomato from a vine in the open air. It's what we know, and how we like to imagine our fruit and veges are grown and harvested.

But that image is far from the scene at Plenty's test factory in industrial south San Francisco, where four robots – John, George, Ringo and Paul – transfer seedlings from barcoded trays into 5m towers that are then hung vertically inside a 446sq m grow room. In the factory, there's not a dot of soil, sunlight or farming equipment – instead, rows of hanging crops are germinated by LED lights and closely monitored using artificial intelligence systems. Lettuce, kale, rocket and herbs



Arama Kukutai, right, and above, second from left, grew up in Ngāruawāhia.

fornian megastores.

Now Plenty's chief executive, Kukutai speaks by Zoom from the company's head office. An image of lettuces growing in a vertical tower is on one side of his screen. When the Compton factory opens, it will be the world's largest vertical farm by output, producing millions of leafy greens and herbs each year. Kukutai says indoor farming is a more sustainable way of producing food, especially as the world's





sprout indoors before being transported by another robot to a conveyor belt when ready to be harvested.

Kukutai says this factory can grow vastly more produce vertically as the same space outdoors. “Our growing system is modular and can be set up nearly anywhere. Plenty isn’t just a farm, it’s a whole new way of farming.”

ADDED BENEFITS

For those who might fear factory-grown produce is “sci-food”, Kukutai talks about “future-proofing our food systems and giving the consumer more choices”. The millions of crops grown each year in his factories are “clean”; they’re free of pesticides and don’t have to be washed. Within an hour of being picked, they can be sitting on a supermarket shelf as fresh as any picked from a domestic garden.

Says Kukutai: “We’re able to give the plants the exact amount of CO₂, humidity and light they need. We literally have millions of plants growing inside the facility. One acre will produce [the same as] 200 acres of outdoor production and use 5% of the water that is used outside. There is no evaporation or run-off. Water is recycled in a closed loop. Most of the water leaving our facility is leaving in the form of plants we can eat.”

When we speak, Kukutai is about to announce the opening of what will eventually be the largest indoor vertical farm in the world. Ultimately covering nearly 50ha,

it will start as the largest indoor berry farm in Virginia, a partnership between Plenty and Driscoll’s, the world’s largest berry producer. It is a coup in agritech as large-scale indoor berry farming has not been done before.

The next stage, he says, is to grow tomatoes in the same complex – super-sweet cherry and heirloom varieties.

“One acre will produce the same as 200 acres of outdoor production and use 5% of the water that is used outside.”

The Virginia farm will start by growing more than 1.8 million kilograms of strawberries a year for America’s north-east, and the first crop of Driscoll’s indoor-grown strawberries will be on the shelves by the northern hemisphere winter of 2023-24.

Indoor farming is a growth category for investors. The industry raised more than US\$1 billion in 2021, and is expected to grow to US\$9.7 billion worldwide by 2026. Through the investment firm he co-founded in 2005, Finistere Ventures, Kukutai has put money into 40 agritech start-ups, including Plenty and seven in New Zealand.

Kukutai assures New Zealand’s agriculture and horticulture growers that they needn’t fear the advance of technology. He is an investor in and on the board of Sprout, New Zealand’s biggest agritech investor.

An indoor farm can complement an outdoor one and Finistere has pumped millions into agriculture and food companies around the world. The firm is increasingly working with traditional suppliers looking to grow food all year round.

A TIME OF CHANGE

Kukutai expects that as he looks to other markets in Australasia, there will be opportunities for other partnerships with traditional growers seeking to use indoor-farm technology.

“Irrespective of what we think about the weather, we know it’s changing. We’re going to have to change with it. New Zealand is a great agricultural country and a leader, so we’ve got a big opportunity to be at the forefront of some of these developments.”

There is already a lot of investment in outdoor technology like irrigation, so indoor technology is another way to boost the supply of our food, he says. Consumers are also changing. Millennials and Gen Zers want healthier food – plant-based meat alternatives, and pesticide- and chemical-free food – and they’re after food that is grown sustainably.

“The less we do to produce it, the better it is. If we don’t wash it, it tastes better and lasts



Vertical bounty: Plenty's growing rooms at its indoor farm in south San Francisco.

longer. One of the big advantages of growing indoors is we don't let bugs or pathogens in."

Kukutai points to agriculture's carbon load. Between 20% and 30% of global emissions come from agriculture. New Zealand contributes about 0.17% to global emissions, of which half come from farming activities.

Farmers are going to be under continued pressure to find cleaner, more sustainable ways to make our food, he says.

"New Zealand feeds 35-40 million people a year from our land. That will have its own pressures, not just regarding the climate, but some of our carbon issues. Our model is to make food in New Zealand and ship it everywhere else ... We also have a model where people increasingly want to eat local."

Kukutai also believes that the timing is right for New Zealand to join the production of food indoors as another solution.

"When you think how important food and agriculture is to New Zealand, it is also very central to how we think about the use of land in the Māori community, the kaitiaki stewardship of land, and ensuring we respect it."

THE EARLY YEARS

Kukutai's career has not been without roadblocks. His sister Tahu – a professor of demography at Waikato University – talks about the discrimination he suffered as a scholarship student at a Hamilton school he

attended before going on to Hamilton Boys' High. Kukutai says it was "a very different time" from today. "I'd prefer not to name and shame the other school but would say it was challenging being generally the only Māori top academic achiever in these settings. But it did make me very determined to prove naysayers wrong."

Tahu is proud of her brother and was

"New Zealand feeds 35-40 million people a year from our land. That brings pressures, not just regarding climate."

at the Kea award ceremony in Auckland. Asked what qualities she admires in him, she says: "Arama looks for the positive in people. He doesn't waste his time dwelling on the negatives. He's much like our mum in that regard."

Kukutai was head boy at Hamilton Boys' High School, then headed to Victoria University of Wellington to study business and law. He started working for Westpac at a time when Māori organisations were beginning to actively develop forestry, farming and fishing assets.

From 2000 to 2005, he was the founder

and chair of PKW Farms, a 20,000ha farming operation in Taranaki, where he developed sustainable grass-based dairy farming and aquaculture producers across New Zealand, Asia and Australia.

His career then took him overseas when he worked as a senior representative for New Zealand Trade and Enterprise in North America. When that job finished, he decided to stay in the US and founded Finistere with his friend and mentor Jerry Caulder, a renowned American plant scientist and agriculturalist.

Since then, Kukutai has helped create and expand Finistere's international portfolio and global network in agricultural technology. Finistere now has offices in agrifood centres around the globe, including New Zealand, Tel Aviv, San Diego, Silicon Valley and Ireland.

Thanks to the networks he has formed over two decades, Plenty has so far raised almost US\$1 billion. That's part of his motivation for getting Māori university graduates out of New Zealand and into Silicon Valley, and he is now working with iwi and identifying candidates.

"I had the great benefit of being able to build my career here in California and Silicon Valley, in tech and investment, and that has been facilitated through having a great network," he says. "The power of the network is incredible and I'd like to help others have the same opportunities I had." ■

Fair dues

Fifty years after it became illegal to pay men and women different rates for doing the same job, the pay gap persists. And ethnic minorities are also calling foul.

by CATHERINE MASTERS



On the podium at a nice hotel in Auckland, seven managers in almost identical smart-casual outfits were talking strategy at a company roadshow.

Their audience was mostly female employees. One recalls looking at the row of men on the stage in disbelief – you couldn't get a much more stereotyped set of bosses, she recalls.

She was also quietly seething. She had found out another male colleague, who had been hired to do virtually the same job as hers, was being paid \$65,000 a year more than she was. To add insult to injury, she was asked to redo work he had done: "He was very mediocre, and I don't say that to be cruel, but a lot of the guys were. He was very, very average."

The woman doesn't believe her own ability was an issue, given that her performance reviews were always excellent, and she had been promoted several times. Yet she was paid only 80% of the salary band she and her male colleague came under, while he was paid 130%.

When she asked to be paid the same, she says, she was told: "You've got to pick your battles" or "Now's not the right time."

The woman, who doesn't want to be named, left the company, and six years later is still furious about it. She is far from alone in her anger.

Jo Cribb and Dellwyn Stuart both know what it's like to climb the corporate ladder. Both have also experienced pay discrimination on their way up.

Stuart, who is head of YWCA Auckland, remembers being taken aside by a female manager when she was working at male-dominated Carter Holt Harvey many years ago. She was told she was being given an instant \$50,000 pay rise, because it had been discovered she was earning much less than her male colleagues.

Cribb, a former chief executive for the Ministry for Women, shared her experience in a TED talk five years ago. It began: "Angry, betrayed, and foolish, that's how I felt when I learnt I'd been paid one-third less than the rest of the team for doing the same job." Over a period of four or five years, says Cribb, she was "ripped off" so badly, she could have bought a house with the

difference in pay. "It's not until you work it out, and you just go, 'How can this happen?'"

Both women are so concerned that pay gaps persist in the workplace that they have co-founded an organisation to campaign for change.

On October 20, they note, the Equal Pay Act will be half a century old. Although the legislation makes it illegal to pay males and females different amounts for doing the same job, research shows there is still a yawning gap in many workplaces. Māori, Pasifika and other minority groups also tend to be paid less than some of their peers, which is disadvantaging huge numbers of New Zealanders.

In August, Stats NZ revealed the gap between what men and women are paid is 9.2% – a figure that has barely moved for five years. The discrepancy is worse if ethnicity is taken into account. Stats NZ data shows

that for every dollar a white man earns, a Māori man and an Asian man earn 86c. A Pasifika man earns 81c. An Asian woman earns 83c, a Māori woman earns 81c, and a Pasifika woman earns just 75c.

New Zealand recently brought in compulsory reporting of the gender pay gap for the public service, and ethnic pay gap reporting is also being

considered. But Cribb and Stuart believe that does not go far enough. Their campaign, called MindTheGap, is pushing for reporting to be made compulsory for the private sector as well, for companies with more than 50 employees.

So far, more than 60 private businesses have signed up to voluntarily reveal their gender pay gap. But the women are still concerned that New Zealand lags behind many other Western countries, such as the UK, where they say compulsory reporting has already had a positive effect.

They note that the gender pay gap in this country means women on the median wage (\$26.37 an hour as of June last year) are paid \$35 a week less than men. That might not seem like a lot of money to some – a couple of lunches, perhaps – but for others, it's food on the table.

PAID LESS

Many women in New Zealand have a story about being paid less than a male colleague.

One woman told the *Listener* how in 1972, the year the Equal Pay Act was passed, she was a student in Wellington doing a part-time cleaning job at the council offices. She was paid 90c an hour.

“The boys got \$1.60 an hour for exactly the same work, which involved lugging around big vacuum cleaners, rubbish bins, the whole bit, and it annoyed me then.”

Decades later, she’s still annoyed. In her most recent job, as a university academic, she was paid nearly \$20,000 less than a male

In her last job, she was paid nearly \$20,000 less than a male colleague. “I knew he got extra, because he gloated about it.”

colleague. “I knew he got extra, because he gloated about it.”

Another woman, working in the UK at the time, says she found out she was paid less than a male peer in a similar role only when they both applied for the same job – which she got. The new role enabled her to look at the salaries: “I was pretty annoyed and felt pretty let down, to be honest.”

All kind of reasons exist, or excuses are given, as to why some people are paid less than others. Whenever she speaks out, says Cribb, she gets a load of vitriol back. As well as outright racism, she hears people trying to justify lower wages for women by explaining that they are inferior to men, or too lazy, or not ambitious or clever enough.

She believes compulsory reporting of pay gaps will help bosses confront their own belief systems.

“That’s why we love it, because in order to fix it, it’s not just writing cheques, right? You’re actually going to have to look at your culture. You’re going to have to look at all the biases that are embedded in your system about who is valued and what work is valued.”

MOTHERHOOD PENALTY

One of the most common arguments used to explain the gender pay gap is that jobs women are traditionally attracted to – or are conditioned to do by society – are paid less. Women, it is argued, tend to prefer jobs such as bank tellers, rather than as financiers or IT specialists. Another explanation is the “motherhood penalty” where women



have babies in their prime career-building years, which can set back both careers and pay.

Although these explanations are demonstrably true, they are not enough to explain the entire gap, says Professor Ann Brower from the University of Canterbury. In 2020, she co-authored a study that corrected for such factors and found women were still paid less than men. The study, which looked at women in universities, found that an average female scientist, for example, earned \$400,000 less than the equivalent male during her lifetime.

Brower has another study soon to be published that finds one way to help close the gap is to promote more women who are average performers. That’s because men who are average performers are promoted more often and more quickly than their female equivalents, she says.

Another way companies can begin to close the gap, says Stuart, is by giving pay rises in their next wage round only to the

underpaid women. She acknowledges compulsory reporting is not the full answer, but says it’s an important part of the answer, and gives “huge, huge ups” to companies that have already signed the MindTheGap register.

They include ZEnergy, which Stuart says is leading the way with measures such as topping up women’s superannuation when they go on parental leave. She gives kudos to SkyCity for being the first to publicly report its ethnic pay gaps, and to Westpac for being the first major bank to publicly report its gap and commit to doing something about it.

David McLean, the former chief executive of Westpac, says he previously thought he was pretty “woke” until he discovered a gender pay gap of more than 30% at the bank. He was shocked, because Westpac had tried hard to develop female leaders.

He puts part of the blame on hundreds of years of businesses being set up by men for men: “It’s the stuff that’s embedded in the way you do things without even realising it.”



Jo Cribb, above, and Dellwyn Stuart, left: campaigning to close the gender pay gap.

Asking staff to turn up at 8am, for example, is difficult for parents who need to organise childcare, which is often still done by women, he says. Part of the solution is for men to take on more responsibility for parenting — something that is only slowly improving.

McLean also supports compulsory reporting, but Business NZ, which advocates for New Zealand companies, doesn't agree. The organisation fully supports the MindTheGap register, but argues there is insufficient evidence that compulsion works.

Paul Mackay, manager of employment relations policy at Business NZ, says being forced to report pay gaps could even be detrimental, as companies may be tempted to simply tick the boxes, rather than commit to fundamental changes.

Mackay recently spent some time with

the International Labour Organisation in Geneva and says the feedback there was that although compulsion forced companies to report their figures, many didn't change their practices as a result. "You've got to keep skinning the onion until you find

"I do believe sexism and misogyny are the core drivers of pay inequality."

out what's left is genuinely unexplainable, unjustifiable difference."

He concedes that both sexism and racism are still at play in some New Zealand workplaces. "If you did statistics at school, you'd know 5% of any particular population are arseholes." Another 5% are "angelic", he says, but in the middle are the vast majority who just want to get on with doing the right

thing: "It's that group that we want to influence because they are the critical mass."

PAY TRANSPARENCY

As the *Listener* went to print, the government was not saying what, if any, legislative changes were planned. In an email, the Minister for Women, Jan Tinetti, said it had agreed to investigate whether a full pay transparency regime would be beneficial, as recommended by the education and workforce select committee report into pay transparency.

Tinetti was appreciative of MindTheGap's work in encouraging businesses to analyse, publish and take action on their pay gaps, and pointed out other ways gender and ethnic pay gaps were being addressed at a government level.

The *Listener* asked both Tinetti and Prime Minister Jacinda Ardern if they had ever been paid less than male colleagues for doing the same job, and both said via press secretaries they were not aware of this

HAGEN HOPKINS

UNCONSCIOUS BIAS

MARETHA SMIT IS CHIEF EXECUTIVE

of Diversity Works, which used to be known as the Equal Employment Opportunities Trust. She doesn't think many organisations intentionally set out to create pay gaps.

But she says about 188 different forms of bias exist and "little bits of disadvantage" can add up to create significant unfairness for some employees.

There's conscious bias, which few people would be willing to acknowledge but which is still demonstrated sometimes: "I have heard, especially in the construction sector, people going, 'We've got Diversity Works visiting, please keep your racist comments to yourself for the next hour', so some of it definitely does slip through."

Unconscious bias is a bigger problem, as this has to do with neurological pathways created in human brains from childhood, which Smit says takes intentional effort to change: "It takes attention and it takes work and it takes a lot of discomfort."

Unconscious bias doesn't make someone a bad person, she says – we all have it – but people need to put their hand up to it.

"Unless there's that willingness to step into the discomfort of investigating, there's very little else that is going to be able to get you there."

She says closing pay gaps is about more than looking at payrolls and suddenly paying people more. It's about understanding how systems and decision-making processes contribute to the gap over time, because if that's not done, the gap will simply widen again.

because of the lack of transparency.

You can't fix what you can't see, said Ardern. Tinetti said pay gaps were a "whole of society issue", requiring a "whole of society solution", adding: "I do believe sexism and misogyny are the core drivers of pay inequality. If we eradicate sexism, we'll eradicate pay gaps."

That might be a tall order, however, and still leaves the issue of what is termed "unconscious bias" in workplaces, which some argue is simply racism.

Most of the women who spoke to the *Listener* for this story did so on condition of anonymity, fearing a backlash at their workplace. They wanted to add their voices to the MindTheGap campaign, but were concerned they'd be labelled troublemakers.

Two of them told the *Listener* they believed being brown had affected their pay. One, a Samoan woman, says her colleagues are mostly Pasifika, Māori and migrants who she believes are not considered for management training by the palagi (white) bosses. She has four children and works three jobs in the security industry to make ends meet, including graveyard shifts. She says she would love to get ahead and work in an office, but she is never offered extra training.

Being disregarded knocks your confidence, she says, so you give up asking. "It's unfair. All the time people look down at us because of the work we do and our colour."

A woman of Māori descent told the *Listener* she had recently discovered that her workplace, where two-thirds of the staff are women, has a gender pay gap just shy of 20%. She works in a large health organisation, and says when her employer revealed the gap, many female employees were outraged.

The male chief executive explained the gap by saying there were no men in lower pay bands and a lot in managerial roles. But nothing has been done since to actually close the gap, she says.

"Our workforce is 73% women. Pay bands are not transparent; promotions happen through shoulder tapping, which allows for unconscious bias; and cultural expertise is not job-sized appropriately."

Being paid less than men has ongoing consequences for women, she says. It's less food on the table, less money in KiwiSaver (research earlier this year

from the Retirement Commission showed women have 20% less in KiwiSaver than men) and fewer savings generally. It's a lower house deposit and it's being worse off in retirement.

"As a Māori woman on one of the lowest pay bands in the organisation, where do I go from here other than to just quit? We wāhine don't know what to do any more."

Fala Haulangi, who is an organiser for private sector union E tū, believes nothing will change unless the government forces businesses to act. "Unless we know what everyone is getting paid, we will never

"It's unfair. All the time people look down at us because of the work we do and our colour."

know, and racism and discrimination will continue."

Haulangi, who was awarded the Queen's Service Medal in 2019 for services to the Pacific community and workers' rights, says "unconscious bias" can be a "bullshit" term for what is sometimes blatant racism. "We need to call it out for what it is because otherwise some people will think it's okay and will continue to do it."

Many Pasifika workers are well aware of such discrimination, she says.

"If you look around at who are in those positions and make decisions, it's all the Palagis. There's still that mentality that we browns are not as good as them and when it comes to sharing the power, that mentality is still there."

Despite gender pay gap reporting now being a requirement in the public service, there is also still racism and discrimination in government departments when it comes to promoting Pasifika people, she says.

"Some of our Pasifika sisters say they think they're good enough for the role but no, they always look at them and pick a white person."

E tū co-president Gadiel Asiata, who is of Samoan descent, says the injustice goes back decades. His father was a trained accountant in Samoa, but once he moved to New Zealand in the 1960s, he had to work on a factory assembly line.

Such racism is still evident today, Asiata believes, but is often masked by people claiming Pasifika employees don't have the required skills. The union is pushing for





Gadiel Asiata, left, and Fala Haulangi: it's time Pasifika people got a fair deal.

training and upskilling to be put into pay agreements as one way to address the issue.

Earlier this year, the Human Rights Commission held a Pacific Pay Gap Inquiry. When its report was released in July, Equal Employment Opportunities Commissioner Saunoamaali'i Karanina Sumeo said in a statement the findings were further evidence of what had long been suspected: "The bulk of the Pacific pay gap can't be explained

"If you look around at who are in those positions and make decisions, it's all the Palagis."

and is at least partly due to invisible barriers such as racism, unconscious bias and workplace discriminatory practices."

Asiata says he sees discrimination in

various ways in workplaces, from how some companies segregate ethnicities on certain production lines, to people being disciplined for rules they do not understand. He also hears indirect racism in what people say: "I've had comments from the boss saying, 'Well, they should bloody know, for goodness sake, we're in New Zealand.'"

It's not right, he says. "[Pasifika people] have weaved their part of the tapestry here in New Zealand and I think it's time to – I want to say 'give back', but that's not the right word – I mean, be fair." ■

ADRIAN MALLOCH



Bunker mentality

We are at a pivotal moment for humanity, says US writer Douglas Rushkoff. And we should not allow the titans of tech to decide what happens next. **by PETER GRIFFIN**

As a billionaire yet to turn 40, Facebook founder Mark Zuckerberg's should be felling peachy about life. But if you tuned into *The Joe Rogan Experience* podcast last month, where Zuckerberg made a rare appearance to talk about the future of his social-media company (now rebranded as Meta), you'd be forgiven for thinking that having vast power and wealth isn't all it's cracked up to be.

"You wake up in the morning, look at [your] phone, you get like a million messages, right, of stuff that comes in. It's usually not good," he complained to Rogan, the comedian known for his sprawling interviews with celebrities and his humouring of Covid-19 conspiracy theorists.

"It's almost like every day you wake up and you're, like, punched in the stomach," Zuckerberg continued in the most telling section of a surprisingly flat interview that spanned almost three hours.

Meta faces constant criticism for its failure to adequately moderate the messages and videos posted by its billions of users, an issue brought close to home to us in 2019 when the Christchurch mosque shooter streamed his murderous rampage via Facebook.

Meta is also the subject of numerous anti-trust court cases in the US and Europe and is feeling the heat from emerging competitors such as the video-sharing site TikTok. Meta's revenue declined this year for the first time since the company was listed on the Nasdaq stock exchange in 2012. Its share value has dropped by nearly 60% this year.

But Zuckerberg has no intention of retiring or handing over control to someone more motivated to clean up the shop once and for all. He is instead looking to virtual-reality headsets and smart glasses

as he chases the "holy grail", building the Metaverse to "create a sense of human presence", he told Rogan, as though our presence in the real world isn't satisfying or meaningful enough.

Rather than roll up his sleeves and focus on Meta's ailments, he is hoping to transcend the problems of social media with more technology. His thinking, says US author and academic Douglas Rushkoff, bears all the hallmarks of what he calls *The Mindset*.

ZERO TO ONE

It's the Silicon Valley escapism that "encourages its adherents to believe that the winners

"The escape plans are a thought experiment. Can I keep building a pyramid that's high enough for me to be above the floods?"

can somehow leave the rest of us behind", he writes in his new book, *Survival of the Richest: Escape fantasies of the tech billionaires*.

The *Mindset* underpins the efforts of the tech billionaires to colonise Mars, extend human lifespan and find a way to upload our consciousness into supercomputers. While tyrants since the time of the Pharaohs and Alexander the Great have sought to dominate others from the top, writes Rushkoff, what the tech billionaires are engaged in is new and far more nefarious.

"Amplified by digital technologies and the unprecedented wealth disparity they afford, *The Mindset* allows for the easy externalisation of harm to others and inspires a corresponding longing for transcendence and separation from the people and places that have been abused."

The Mindset, says Rushkoff, is embodied by entrepreneurs such as Tesla and SpaceX founder Elon Musk, Amazon's Jeff Bezos and Peter Thiel, the American with New Zealand citizenship who recently had his plans to build a sprawling eco-resort in Wānaka knocked back.

Thiel's book *Zero to One* is a sort of self-help book for start-up founders wanting to apply the principles of capitalism to the technologies of the 21st century. But *Survival of the Richest*, Rushkoff's new book and his 20th to date, has an entirely different take on capitalism and technology.

It builds on themes the self-described "Marxist media theorist" has explored over the past decade in works such as *Throwing Rocks at the Google Bus* and *Program or Be Programmed* and on his own podcast, *Team Human*.

It was inspired by a bizarre meeting he was invited to at an exclusive resort on the "high desert", where he expected to give yet another TED Talk-style presentation on trends in his area of expertise as a professor of media theory and digital economies at City University of New York (CUNY).

"Money talks, and so do I, so I took the gig," he explains.

PREPPERS IN THE DESERT

What happened instead is that hedge fund managers and tech investors quickly homed in on their real area of interest. Should they build their doomsday bunkers in New Zealand or Alaska? Was climate change or biological warfare the bigger threat? How would they prevent their hired guards from turning on them?

"I cheekily suggested that the way to make sure your head of security doesn't slit your throat tomorrow is to pay for his daughter's bat mitzvah today," Rushkoff advised.

It was a good-natured if slightly cringe-worthy meeting. But as Rushkoff was driven back across the desert, he started to realise what was going on with the billionaires.

Douglas Rushkoff: big tech billionaires think according to "The Mindset".

“The escape plans are more of a thought experiment that justifies the rest of their behaviour,” he told the *Listener* via a Zoom call from his New York apartment.

“When they’re talking to me around the table about their bunkers, they’re not water-testing their bunker strategies. They’re testing their business plan.

“Can I build a car that drives fast enough to escape from my own exhaust? Can I keep building a pyramid that’s high enough for me to be above the floods?”

Or can Zuckerberg’s Metaverse, a virtual 3D extension of Facebook on which he is betting the future of his company, allow him to transcend the dark side of human nature and save his flagging company in the process?

Rushkoff doesn’t think so.

“Mark Zuckerberg is essentially a progressive, even if he’s a capitalist neoliberal,” he says. “But he thinks he’s got this technocratic solution, this Obama-esque great reset for the world.”

It’s The Mindset at work again, one that infects a generation of tech entrepreneurs incentivised to pursue exponential growth that culminates in either a multibillion-dollar business exit or the creation of a behemoth such as Amazon or Google.

Zuckerberg and his wife, Priscilla Chan, have pledged to give away 99% of their wealth over their lifetimes, via their charitable foundation, the Chan Zuckerberg Initiative. The notion that a cohort of billionaires could actually use their fortunes to tackle climate change and poverty and fund scientific efforts to cure diseases such as cancer gets short shrift from Rushkoff.

“You could have made your company 99% less extractive in the first place,” he argues, “and done so by being honest about what this company is.”

GATES THE GIVER

But what about Bill Gates? The Microsoft founder turned philanthropist had a reputation for ruthlessness in the 1980s and 1990s as he built the Windows operating system into a vastly lucrative computing monopoly.

He is now, according to *Forbes*, the second-most-generous philanthropist in the world alongside his ex-wife Melinda.

According to *Forbes*, by the end of 2021 they had, through the Bill & Melinda Gates Foundation, given away US\$33.4 billion to a range of educational, health and science-related causes.

I put it to Rushkoff that the exponential

“The Māori know more about topsoil maintenance than Bill Gates and Monsanto.”

mindset that made Gates such a successful businessman can now be drawn on to tackle the world’s most intractable problems. After all, Gates’ book *How to Avoid a Climate Catastrophe* is a clear-eyed look at the potential solutions – technical, social and political – to the biggest problem facing humanity.

At least he isn’t thinking about colonising other planets. He has spent billions on vaccines, climate tech and attempting to eradicate malaria, which caused more than 600,000 deaths globally in 2020.

Follow the money, Rushkoff counters. Gates is no longer the world’s richest man, with a net worth of US\$108 billion coming in well behind the \$153 billion fortune of

Bezos, who has also split from his wife, MacKenzie Scott.

The world’s most generous philanthropist is actually Warren Buffett, the 92-year-old chief executive and chairman of investment group Berkshire Hathaway. Buffett has given more than \$46 billion in his lifetime, according to *Forbes*. Most of it has gone to the Bill & Melinda Gates Foundation.

Gates’ own wealth has increased over the past decade, even as he has accelerated his philanthropic giving.

“The Gates Foundation has a huge wad of capital sitting in the S&P Index Fund,” says Rushkoff. “Is that capital doing more damage in the way it is invested than the grants are doing to undo the damage?”

Gates is also now the largest private landholder in the US, Rushkoff notes. Indeed, investment companies associated with Bill and Melinda Gates own at least 108,860ha of land across the country.

“The agriculture sector is important,” Gates explained in an Ask Me Anything session with Reddit readers last year. “With more productive seeds, we can avoid deforestation and help Africa deal with the climate difficulty they already face. It is unclear how cheap biofuels can be, but if they are cheap, it can solve the aviation and truck emissions,” he said.

Rushkoff, who has a strong affinity with indigenous worldviews, isn’t having a bar of it. “The Māori know more about topsoil maintenance than Bill Gates and Monsanto,” he counters.

“I don’t know that singular top-down monocultural solutions are the best way to solve topsoil maintenance issues, and I wouldn’t want one Bill Gates decision to ruin the topsoil of Kenya.”

The real answer to climate change, he argues, lies not in “big, singular, top-down

Billionaire visions: Jeff Bezos, Bill Gates, Elon Musk, Peter Thiel, Mark Zuckerberg.





Douglas Rushkoff: "The internet is a bit like a restaurant that was bought by the Mob."

industrial-age solutions", but a "myriad of smaller distributed ways".

RISE OF THE INTERNET

It wasn't supposed to be like this. Rushkoff established himself as a sharp-witted commentator on digital culture in the late 1980s. It was the age of cyberpunk and bulletin boards, when the internet, while originally a networking product of the military, was being developed for public use by an eclectic mix of researchers and amateur enthusiasts.

The rise of the internet held so much promise to connect people globally, share knowledge and spawn new and creative

types of digital media. Rushkoff still considers its emergence as equal in importance to Johannes Gutenberg's invention of the printing press around 1440.

But it didn't take long for entrepreneurs to twig to its money-making potential. Rushkoff remembers the debut of *Wired* magazine in 1993, the first publication to focus on the business of the internet. From then, it was all on.

A flurry of innovation funded with venture capital produced the first web browsers, search engines, email servers and online stores. It led to the dotcom boom and, at the dawn of the millennium, just as I was starting out as a tech journalist, the dotcom crash.

Each new iteration of the internet and the worldwide web brought transformative innovations – the smartphone, social media, streaming media platforms. But they also created a self-reinforcing feedback loop where those "sociopathic" enough to exploit the technology were rewarded with huge wealth and control over the rest of us.

"The internet is a bit like a restaurant that was bought by the Mob," Rushkoff says. "If we surrender it to the needs of capitalism, if we basically teach the digital infrastructure how to extract value from human beings, then that's what it's going to do.

"It doesn't mean I don't believe in restaurants."

NO EXIT STRATEGY

So, what's the answer, the antidote to the "zero to one" mantra that has gotten us into this mess?

Unlike Gates, Rushkoff has no grand plan to put it all right. He pauses and leans in towards his computer screen. "The simplest thing is do f—ing less," he says. "The elephant in the room they are refusing to look at is degrowth."

For those unfamiliar with the term, what he means is shrinking, rather than growing, economies. It is anathema to *The Mindset*, which demands more, increasing profitability and market supremacy, whether the product is video subscriptions or search-engine results. We must consume less, travel less, buy local, break up monopolies and support labour rights, says Rushkoff. He thinks we'd all be happier and healthier for doing so.

It's a pivotal moment for humanity. The tech billionaires, he says, are like Wile E Coyote, suspended in midair above the desert canyon, about to plunge to the ground, but still hoping they can come up with some tech fix to hack the planet and keep turning the wheel. It's almost comical, and Rushkoff wants us to continue to have fun at the billionaires' expense.

"If we can see these guys' visions as as ludicrous as they really are, then we can dismiss them rather than be afraid or try to emulate them." ■



Mexican wave

Works from superstar artists Frida Kahlo and Diego Rivera are on their way to New Zealand. **by LINDA HERRICK**

A large portrait of a glamorous, red-haired European woman reclining on a couch surrounded by calla lilies (see page 36) is a key work in the Auckland Art Gallery's upcoming show, *Frida Kahlo and Diego Rivera: Art and Life in Modern Mexico*.

The 1943 oil painting, by Rivera, is *Portrait of Natasha Gelman*, an art collector who, with her husband Jacques Gelman, owned almost every item of the 160-plus works in the exhibition.

The Gelmans, who arrived separately in Mexico shortly before the outbreak of World War II, became patrons of many of the country's upcoming artists, including Kahlo and her husband Rivera.

Kahlo was overshadowed by her husband for most of her life, but since their deaths in the late 1950s, she has become elevated to superstardom, not only as an artist but also as an icon of feminist ideals and movements such as the Chicanos in the United States, a Mexi-American lobby group.

Her distinctive style has also unleashed a global industry of souvenir tat and Frida cafes across the world. In New Zealand, it's easier to find a Kahlo-emblazoned coffee cup than see her work face to face.

"The Art Gallery of New South Wales in 2016 was the last time that work by Frida has been shown in this part of the world," says Auckland Art Gallery director Kirsten Lacy. "I think some of her works were shown in Wellington in the early 90s, but that was a long time ago. A lot of people have been born since then. I think most people here would not have seen an original work by Frida."

For this new show, we can thank the Gelmans' buying power at a time when

modern Mexican art and culture were beginning to flourish during a period of political intrigue and looming war.

Apart from three very short films of Frida and Diego (the longest one runs for just over two minutes), and a collection of photos from a New York gallery specialising in Latin photography, the works in the

"The Gelmans seem to have ingratiated themselves into the world of Mexican art by commissioning portraits," says Lacy. "It is indisputably the largest and most significant private collection of Mexican modernism and of Frida Kahlo in particular. It is a working collection, meaning it is compiled by the foundation to be shared."

Lacy notes the Gelmans also bequeathed 85 significant works by European modern masters to the Metropolitan Museum of Art, in New York.

PORTRAITS OF BEAUTY

But details of the Gelmans' lives are surprisingly limited. According to Wikipedia, Jacques was born in "1909 or 1911" to a noble Jewish family in St Petersburg who fled to Germany during the 1917 October "Bolshevik" revolution.

Gelman worked in the German and French film industries before seeking refuge from the Nazis in Mexico City in 1939, where he started producing popular films featuring comedy star "Cantinflas".

The *New York Times*' obituary of his wife, who died in 1998 (Jacques died in 1986), says she was born Natasha Zahalka in Moravia (now in the Czech Republic), was "famous for her beauty" and "travelled the world in a sophisticated and fearless way" before landing in 1939 in Mexico, where she met Jacques in a hotel garden.

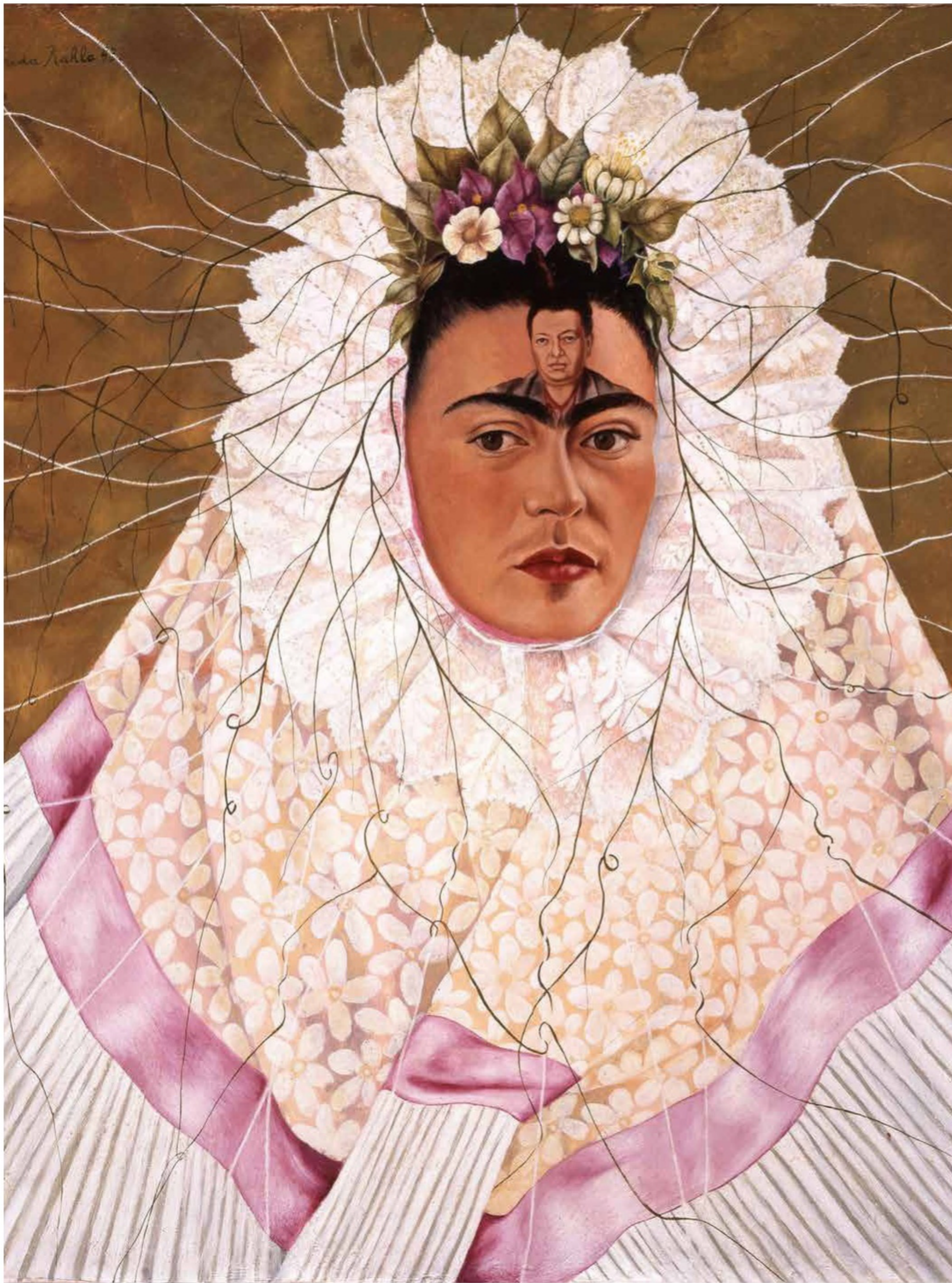
"Mexico City in 1939 was filled with music, dance, painting, sculpture, new movies and good conversation, and she made the most of it," writes the NYT. "After the Gelmans were married in 1941, they were able to live well and entertain lavishly."

The Gelmans' lifetime of collecting had begun. "The first work to enter their



Diego Rivera and Frida Kahlo in 1939. Kahlo's art was always overshadowed by Rivera's, but since her death, she has been elevated to super-stardom. Right, Kahlo's *Diego On My Mind* (Self-Portrait as Tehuana).

Auckland show – paintings, letters, drawings and costumes – are sourced from "the Jacques and Natasha Gelman Collection", part-administered by the Vergel Foundation, based in New York.





collection was the Diego Rivera painting of her,” says Lacy. “The glamorous portrait of her in the white gown – she kept that all of her life.”

Four other portraits of Natasha Gelman are in the show, including a commission painted by Kahlo in 1943, a close study of the model’s face, carefully coiffed and groomed, with thin, painted eyebrows.

Gelman, by then a Mexican citizen, is the essence of a European woman, a total contrast to Kahlo, whose look was defined by her embrace of “Mexicanidad”, the renaissance of indigenous culture and expression.

Kahlo also used her style as a political statement to endorse the new nationalism and support the rise of workers’ rights. The couple’s commitment to the movement ran so deep that they replaced all the exotic plants in their Mexico City garden with natives, such as cacti.

“After the [Mexican] revolution, which ran from 1910-20 and seemed to go on without a clear end, pre-Columbian indigenous

popular arts and styles of dress were celebrated as being central to how the country was going to define the new sense of national identity,” says Lacy.

“Frida really embodies that in the way she dressed, the colour, the big dresses, her hair, the flowers, her jewellery. At one point, she was in New York and she dressed

“It was huge, to dress as an indigenous woman. It was making a statement about Mexico being in the hands of the people.”

that way. It was a huge thing, to dress as an indigenous woman. It was making a statement about Mexico being in the hands of the people.”

One of Kahlo’s most defiant features was her monobrow.

“I think it’s a political assertion,” says

Lacy. “Before the revolution, the president of the time was advocating European ideals as being superior.

“Women who would not groom themselves in the way that the colonial perspective would prescribe is quite a statement. It’s really strong, that she presents this alternative view to the Western world and presents herself as an extraordinary, beautiful woman.”

SELF PORTRAITS

Art and Life in Modern Mexico includes two of Kahlo’s most famous studies of herself: *Self-Portrait with Monkeys*, painted in 1943, and *Diego on My Mind (Self-Portrait as Tehuana)*, which was painted between 1941-43, a period when she divorced then remarried Rivera.

In the latter portrait, she is wearing a costume specific to her mother’s region in Mexico, which had a matriarchal structure; and her philandering husband’s face is imprinted on her forehead.

“I have suffered two serious accidents in

Left, portrait of Natasha Gelman by Rivera.
Right, Kahlo's *Self-Portrait with Monkeys*.

my life," she told a friend, "one in which a streetcar ran over me. The other accident is Diego."

The details of Kahlo's first accident, in a collision in 1925 when she was 18, are well known and gruesome. She often painted in bed – her mother gave her a special easel

Rivera's epic works saluting the working class are now classified as National Monuments.

with a mirror – and had to endure extreme levels of pain.

Her spinal and pelvic injuries meant she could not carry a baby to term, and she had an abortion and a miscarriage.

Mexico has a name for Kahlo: "la heroína del dolor" – "the heroine of pain".

During her lifetime, Kahlo's art stayed in the shadows of Rivera's, a muralist whose epic works saluting the working class are now classified as National Monuments of Mexico. Most of his works in the Auckland show are on a smaller scale, including his trademark studies of sunflowers and calla lilies, and one of his classics, *Landscape with Cacti* (1931).

Rivera and Kahlo, who first met in 1922 when he taught an art class at her high school, both signed up as members of the short-lived Communist Party of Mexico.

"Everyone was watching Russia," says Lacy. "When Stalin came to power [in 1928], Frida and Diego belonged to the Communist Party and this whole movement around indigeneity and representing the people was symbolic of the movement."

But Rivera and Kahlo were Trotskyites, backing Stalin's former rival who was exiled from the USSR in 1929. When Rivera successfully lobbied Mexico's president to offer Trotsky asylum in 1937, the couple gave him a temporary home, where he and Kahlo began a brief affair, before he and his wife moved out, and Rivera and Kahlo became Stalinists.

Trotsky had been a marked man since his expulsion from the Soviet Union. In May 1940, David Alfaro Siqueiros, an artist who had worked with Rivera, tried to assassinate Trotsky, but failed.



TROTSKY'S DEMISE

A few months later, a Stalinist agent called Ramón Mercader murdered Trotsky with an ice pick.

Kahlo was arrested because she knew both the victim and the killer, but she was released a day later without charge.

The strange thing is that Siqueiros, the would-be assassin famous for his massive "social realist" murals, has two portraits in the Auckland Art Gallery show.

One is a self-portrait, while the other one is a study of a woman, painted in 1950, *Portrait of Natasha Gelman*.

(The Auckland show also includes two other Natasha Gelman portraits, one by Rufino Tamayo, dated 1948, and the other by Spanish artist Rafael Cidoncha, dated 1996.)

Apart from Cidoncha's work, the

Siqueiros study is almost the last trace of the mysterious Mrs Gelman, whose birth year in the *New York Times* obituary is described as "around 1911", making her about 87 when she died in 1998 in Cuernavaca, south of Mexico City.

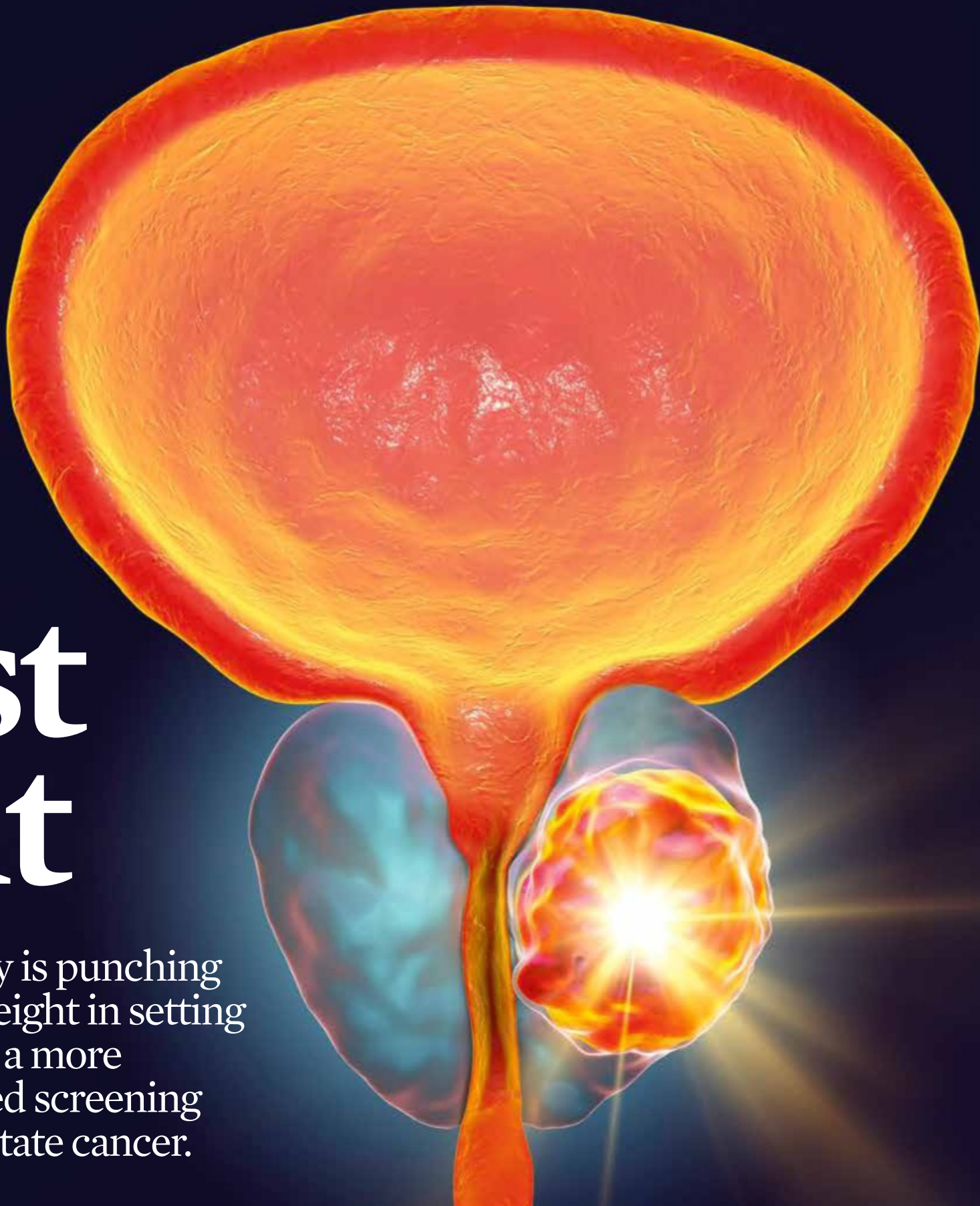
"In her last years, Natasha Gelman lived somewhat apart from the world," says her obituary, "but distant echoes of her past could occasionally be detected – as when she would ask to be taken to the only restaurant in Cuernavaca that could produce a genuine Hungarian goulash."

One cannot help but think that Kahlo would not have approved. ■

Frida Kahlo and Diego Rivera: Art and Life in Modern Mexico, Auckland Art Gallery Toi o Tāmaki, October 15-January 22.

First light

A small Kiwi city is punching well above its weight in setting the standard for a more precisely targeted screening method for prostate cancer.



A medical research institute in Tairāwhiti-Gisborne is leading the way in changing the pathway of prostate cancer diagnosis in New Zealand's public health system.

One in eight men in this country will get cancer of the prostate (a small gland located deep inside the groin, between the base of the penis and the rectum) and at the Mātai Medical Research Institute the aim is to improve screening and outcomes, particularly for those who live in under-served and remote communities.

In its earlier stages, prostate cancer often doesn't cause symptoms and therefore can remain undetected for some time. For many men, the first sign there may be problem is a blood test that shows they have raised levels of a protein called prostate-specific antigen (PSA).

When a biopsy is targeted, it delivers more information about the size and location of a tumour.

This is only an indicator of a possible cancer and doesn't mean there is necessarily a tumour that needs to be treated.

For confirmation, a urologist usually performs

Daniel Cornfeld

what is known as a systemic biopsy, using an ultrasound guided needle to gather samples from different areas of the prostate.

Dr Daniel Cornfeld, clinical lead at Mātai, says the method has its shortcomings. "It can lead to under-diagnosis, overdiagnosis, and tumour mischaracterisation," he explains. "You don't really know how much cancer is in the gland, whether you've sampled the cancer adequately or if you've missed something."

Some private urology groups have access to state-of-the-art equipment and are able to offer a more accurate diagnosis with pre-biopsy MRI and image-guided, targeted prostate biopsies. But these are not commonly

available in the public system.

A targeted biopsy means the size, grade, and location of a prostate cancer can be correlated.

“Without this correlation it is not possible to determine whether the edge of a large tumour or the centre of a small tumour was sampled,” explains Cornfeld.

When a biopsy is done in a targeted fashion, it delivers more information about the size, location and grade of a tumour so a personalised treatment plan can be based around that.

At Mātai, thanks to a donation from the Auckland-based Hugh Green Foundation charity, they now have the equipment essential to perform targeted prostate biopsies.

“It’s been shipped over from France and has just come out of the crate and is sitting in my office, which is very exciting,” says Cornfeld.

The Prostate Foundation has provided funding for scans and Mātai is poised to improve screening for the men of Tairāwhiti-Gisborne.

It is satisfying for Cornfeld to be able to roll out a tool that has been available mainly to wealthier New Zealanders and those in main centres. He stresses that the three-year project, Accuracy and Equity in Prostate Cancer Diagnosis, is not experimental.

“If you can avoid those side effects by not treating cancers you don’t need to treat, that’s a good thing.”

“We know that it works. It’s already been proven and is a diagnostic pathway that already exists in private practice and has been adopted in countries like the UK and parts of Europe. The research aspect here is to implement it, then prove that it’s better than what we were doing before in terms of outcomes and equity.”

A high proportion of the population in Tairāwhiti-Gisborne is Māori and they are less likely than non-Māori to be screened for prostate cancer, more likely to be diagnosed at an advanced stage, and more likely to die of it. Producing a better diagnostic pathway from start to finish will, hopes Cornfeld, encourage men who have never considered it before to get checked and so help address this inequity.

Prostate cancer therapies can seriously impact quality of life, causing men to experience erectile dysfunction and incontinence.

“If you can avoid those side effects by not treating cancers you don’t need to treat, that’s a good thing,” says Cornfeld.

“Many international studies have shown that when you do an MRI prior to a targeted biopsy, you identify more cancers that are significant and need to be treated and fewer cancers that are insignificant and don’t need treatment.”

In addition, MRI performed pre-biopsy identifies the approximately 30% of men with an elevated PSA who do not need invasive biopsies.

Once the pathway is proven in Tairāwhiti-Gisborne, Cornfeld hopes to encourage the use of the MRI-guided biopsy method as a general standard for prostate cancer diagnosis in New Zealand. ■

HEALTH BRIEFS

FIRST WAVE CLOT RISK

Covid-19 infection increases the risk of potentially life-threatening blood clots for at least 49 weeks, according to a study of the health records of 48 million unvaccinated adults from the first wave of the pandemic. The findings, from Health Data Research UK, suggest that the pandemic may have led to an additional 10,500 cases of heart attacks, strokes and other blood clot complications such as deep vein thrombosis in England and Wales in 2020.

AIR POLLUTION & AUTISM

Autistic children may be more likely to be hospitalised after short-term exposure to air pollution, according to research by Ajou University School of Medicine in South Korea. Autism has previously been linked to inflammation in the brain and body, and air pollution is believed to potentially cause similar inflammation. Researchers measured patterns between poor-air-quality days and children hospitalised for autism symptoms that could cause them harm, including hyperactivity, aggression and self-injury.

YOGA FOR ARTHRITIS

Participating in online yoga can improve mobility, quality of life and joint stiffness for individuals with knee osteoarthritis, according to a study from the University of Melbourne. Researchers conducted a randomised clinical trial with 212 adults with knee osteoarthritis, tailoring an online yoga programme specifically to meet their needs. Participants reported more improvements

in physical function compared with a control group.



GETTY IMAGES

NUTRITION

by Jennifer Bowden

Safer sipping

There are good reasons to empty and wash your reusable water bottles and coffee cups every day.

Question:

My family use reusable water bottles most days. I gather these can harbour bacteria. Can you advise on how often to clean them and the best method to use?

Answer:

We're not the only ones who enjoy warmer weather. A host of bacteria also thrive, thanks to warmer temperatures, potentially making reusable water bottles or coffee cups a source of harmful bacteria that can cause gastrointestinal illnesses.

Reusable bottles have become more popular in recent years, providing both an economical option for water on the go and a way to reduce the effects of plastics on the environment. However, although consumers are putting lots of effort into switching to reusable bottles, studies show they are putting less effort into cleaning them.

Tap water is generally safe and sanitary, but problems occur when

mouths come into contact with the bottle and saliva and backwash get into it. An estimated 700 species of bacteria reside in the human mouth, where the immune system typically keeps them under control. However, when saliva enters the bottle, harmful bacteria can stick to it and reproduce unchecked.

Reusable bottles are often more bacteria laden than your pet's food bowl.

Micro-organisms, such as bacteria, grow in water and on surfaces contacting water in a biofilm – the slimy layer that appears inside a bottle when it isn't cleaned for a while.

Countries set acceptable upper bacteria limits (CFUs, or colony-forming units) for drinking water. These range from 100CFU/ per 100ml in countries such as

Germany, England, Japan and China to 500 CFU/ml in the US, Canada and Australia. However, a study in Singapore found water in children's reusable bottles contained about 34,000 CFU/ml and adult bottles had 75,000 CFU/ml. Moreover, those levels quickly climbed to 1-2 million CFU/ml in the space of a day.

Another study found an average athlete's water bottle contained about 313,499 CFU/ml. Reusable water bottles are often more bacteria laden than your pet's food bowl.

Undoubtedly, reusable bottles need frequent washing, but the design can also significantly affect a bottle's cleanliness. For instance, some have wide, open mouths that enable thorough cleaning, whereas others have straws and switch-close lids that are difficult to clean and so therefore harbour harmful bacteria.

Throwing the bottle and lid in the dishwasher might seem like a quick fix, but the design of many bottles and lids also prevents them from being thoroughly cleaned in a dishwasher. And a recent study found that cleaning reusable bottles in a dishwasher worsened the leaching of chemicals from the plastic into the drinking water.

So, the first step in keeping reusable water bottles clean is choosing the right bottle, with minimal parts that are easily disassembled. Metal is more germ-resistant than plastic, but choose what works best for you. Just throw out plastic bottles if the surface develops cracks or damage that can harbour bacteria.

Then get into the habit of emptying and washing reusable water bottles daily. Reusable coffee cups are best cleaned immediately after use, so don't leave residual coffee in the bottom to enable bacterial growth.

Submerge your reusable bottle and lid in hot, soapy water, then clean thoroughly to remove any biofilm on all interior surfaces, including pipes, straws, mouthpieces, etc. Some manufacturers recommend soaking reusable bottles for 10 minutes in hot, soapy water to aid this process. You may need a bottle brush to get into all the nooks and crannies. Thoroughly clean the exterior, too, as studies have found high levels of bacteria on the outside of bottles.

You could also consider a dip in undiluted vinegar once a week for 10 minutes as a deep clean: place the bottle in a container of vinegar, then rinse thoroughly after the 10-minute soak.

By making the cleaning of your bottles part of a daily dishwashing routine, you can ensure your family are well hydrated over summer and not accidentally imbibing a bacteria-laden beverage that could result in a nasty gastro illness. ■

Email your nutrition questions to listenerlife@aremedia.co.nz



In association with

LISTENER

Legacy

Alexander Shelley Conductor
Gabriela Montero Piano

Gillian Whitehead *retrieving the fragility of peace*

Mozart Piano Concerto No. 20

Brahms Symphony No. 1

Christchurch

Fri, 07 Oct, 7.30pm

Christchurch Town Hall

Dunedin

Fri, 14 Oct, 7.30pm

Dunedin Town Hall

Tickets from \$23

Book at nzso.co.nz



NZSO
75

New Zealand
Symphony
Orchestra

Te Tira Pūoro
o Aotearoa

Bright Sparks

Shayne Carter and the NZSO

Alexander Shelley Conductor
Shayne Carter Singer-songwriter
Joseph Nolan Organ

Don't miss this one-of-a-kind collaboration, weaving NZ Rock Icon Shayne Carter's favourite moments from the 'classical' canon with reimagined orchestral versions of his own songs.

Christchurch

Sat, 08 Oct, 7.30pm

Christchurch Town Hall

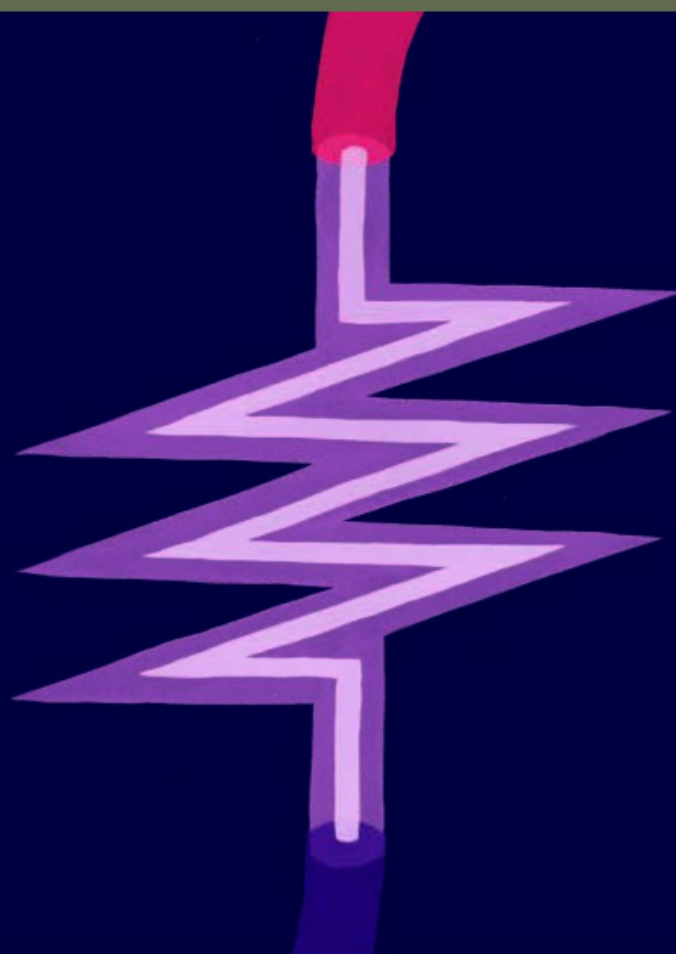
Dunedin

Sat, 15 Oct, 7.30pm

Dunedin Town Hall

Tickets from \$23

Book at nzso.co.nz



Fantastic Voyage

Alexander Shelley Conductor
Whirimako Black Alto
Joseph Nolan Organ

Bach Toccata and Fugue in D Minor

Philip Glass Symphony No. 12 *Lodger*

Christchurch

Sun, 09 Oct, 2.00pm

Christchurch Town Hall

Dunedin

Sun, 16 Oct, 2.00pm

Dunedin Town Hall

Tickets from \$19

Book at nzso.co.nz



Principal Partners

Absolutely Positively
Wellington City Council
Mo Kōwhiri Ki Pōwhiri

nzherald.co.nz

sky | HOTELS
CITY | GROUP

Summerset
RETIREMENT VILLAGES

NZSO THE NZSO
FOUNDATION



From left, Thai red curry meatballs, silky parmesan pasta with crispy crumb, banana coconut dream cake, and banoffee brûlée tarts.

Snap reinventions

Bestselling Australian cookbook author Donna Hay's latest offering puts a new twist on fast, delicious recipes for busy families.

With a focus on cutting down on the time spent cooking, while still maximising the flavours, all-time classics and old standbys, such as lasagne, pasta, curries and desserts, can be given a new lease of life.

SILKY PARMESAN PASTA WITH CRISPY CRUMB

400g dried spaghetti
1 cup pure cream
4 egg yolks, lightly beaten
1 cup finely grated parmesan, plus extra to serve
sea salt and cracked black pepper
100g wild leaf rocket (arugula), chopped, plus extra to serve
2 tsp finely grated lemon rind

CRISPY CRUMB

2 cups fresh sourdough breadcrumbs
2 tbsp extra virgin olive oil
2 tsp dried chilli flakes

To make the crispy crumb, preheat the oven to 180°C. Line a large baking tray with non-stick baking paper.

Combine the breadcrumbs, oil and chilli flakes. Place on the prepared tray and bake for 5-8 minutes or until golden, stirring occasionally. Set aside.

Cook the pasta in a large saucepan of boiling salted water until al dente. Drain and set aside.

Whisk the cream, yolks and parmesan in a bowl to combine.

Return the pan over low heat. Add the parmesan cream mixture and cook for 2 minutes, stirring gently with a spatula, until silky and slightly thickened, but not scrambled. Sprinkle with salt and pepper.

Add the pasta and cook for 1-2 minutes, stirring, until it is coated in the sauce and heated through. Stir through the rocket and rind.

Divide the pasta between serving bowls and sprinkle with the crispy crumb, the extra rocket and extra parmesan.

Serves 4.

THAI RED CURRY MEATBALLS

600g beef mince



2 tbsp Thai red curry paste
250g cooked jasmine rice
1 tbsp finely grated ginger
¼ cup chopped coriander leaves
1 egg
1 tbsp grapeseed oil
thinly sliced green onion, sliced
long red chilli, extra coriander and
sesame ginger noodles (see recipe,
next column), to serve

THAI RED CURRY SAUCE
2 tbsp Thai red curry paste, extra
1½ cups coconut cream
2 tbsp lime juice
1 tbsp fish sauce

Place the mince, curry paste, rice, ginger, coriander and egg in a bowl, then mix to combine. Shape the mixture into 16 x ¼-cup meatballs, then set aside.

To make the sauce, combine the extra curry paste and coconut cream. Set aside.

Heat a large, deep frying pan over medium-high heat.

Add the oil and meatballs, then cook for 3 minutes each side or until browned all over.

Add the sauce and bring to a

simmer. Cook for 7-8 minutes, turning the meatballs halfway, until the sauce has reduced and the meatballs are cooked through. Add the lime juice and fish sauce and gently stir to combine.

Divide between bowls and top with the green onion, chilli and extra coriander. Serve with sesame ginger noodles.

Serves 4.

SESAME GINGER NOODLES

Place 300g dried rice noodles in a bowl and cover with boiling water. Allow to stand for 8 minutes or until just soft, then drain. Place 2 tbsp grapeseed oil and 1 tbsp sesame oil in a small frying pan over medium-low heat. Add 2 tbsp coarsely grated ginger, then cook for 5 minutes or until lightly browned. Add 1 tbsp sesame seeds and cook for 1 minute. Spoon the sesame ginger oil over the noodles, then top with sliced green onion.

Serves 4.

THIS CAKE IS just as delicious with or without the frosting

BANANA COCONUT DREAM CAKE

2 eggs
1½ cups (390g) mashed banana
¾ cup (180ml) light-flavoured extra virgin olive oil
1 cup (250g) plain thick yogurt
1 cup (240g) firmly packed brown sugar
2 cups (160g) desiccated coconut
1 cup (120g) almond meal
½ cup (80g) rice flour
3 tsp baking powder
toasted coconut flakes, to serve

YOGURT FROSTING
1 cup (250g) mascarpone
1 cup (250g) plain thick yogurt
1 tbsp honey
1 tsp vanilla extract

Preheat oven to 160°C. Line a 20cm x 30cm slice tin with non-stick baking paper.

Place the eggs, banana, oil, yogurt and sugar in a bowl, then whisk to combine. Add the coconut, almond meal, rice flour and baking powder and whisk to combine.

Pour the mixture into the prepared tin, then bake for 45-50 minutes or until cooked when tested with a skewer. Leave to cool in the tin for 10 minutes, before turning out on to a wire rack to cool completely.

Meanwhile, make the frosting by whisking all the ingredients in a bowl until thick and fluffy.

Place the cake on a serving plate. Top with the

yogurt frosting and sprinkle with coconut flakes, to serve.

Serves 12.

BANOFFEE BRÛLÉE TARTS

1 cup (120g) almond meal
1 cup (100g) flaked almonds
2 egg whites
¼ cup raw caster sugar
2 bananas, thinly sliced
¼ cup coconut sugar
coconut caramel sauce (see recipe following), to serve

WHIPPED VANILLA CREAM

125g mascarpone
½ cup plain thick yogurt
1 tsp vanilla bean paste or extract

Preheat oven to 180°C. Line a large baking tray with non-stick baking paper.

Place the almond meal, flaked almonds, egg whites and caster sugar in a bowl, then mix to combine. Divide the mixture into quarters. Place on the prepared tray and press out into rough 12cm rounds. Bake for 14 minutes or until golden around the edges.

To make the whipped vanilla cream, whisk the mascarpone, yogurt and vanilla until soft peaks form.

Place the banana slices on a baking tray lined with non-stick baking paper, then sprinkle with the coconut sugar. Using a kitchen blowtorch, cook until the banana starts to caramelise. If you don't own a kitchen blowtorch, use your oven grill.

To assemble, divide the whipped vanilla cream between the bases. Top with the sauce and caramelised banana.

Serves 4.

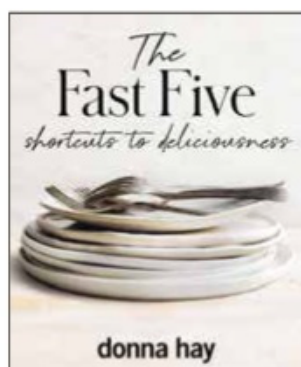
COCONUT CARAMEL SAUCE

Place 1 cup coconut cream, ¾ cup coconut sugar and 1 tsp vanilla extract in a large, non-stick frying pan over high heat and cook for 2 minutes, stirring, until the sugar dissolves and the mixture is boiling. Cook the caramel over medium-high heat, stirring occasionally, paying close attention as it can stick to the bottom of the pan. Continue stirring for 6 minutes or until it has thickened. It should leave a trail when you run your spoon or spatula through it.

Allow to cool slightly before pouring into sterilised jars or clean glass storage containers.

Makes 200ml. ■

An edited extract from **THE FAST FIVE**, by Donna Hay (HarperCollins, \$55)



WINE

by Michael Cooper

Lively beauties

These intensely flavoured white wines won't break the bank.

Looking for a white wine with strong personality? These vigorous, intensely flavoured wines recently pulled me back for another glass or two.

Blank Canvas McKee Vineyard Marlborough Grüner Veltliner 2017 ★★★★★

On sale now and drinking superbly at more than five years old, this single-vineyard wine was grown at Blind River, in the Awatere Valley. Hand-harvested, it was fermented and matured on its yeast lees for 11 months in a mix of stainless-steel tanks and seasoned French oak puncheons. Bright yellow/green, it is invitingly aromatic, with deep, vigorous, peachy, slightly toasty flavours, bottle-aged complexity, good acid spine and a long, dry finish. This beauty shows just why grüner veltliner is Austria's favourite white wine variety. Ready; no rush. (13% alc/vol) \$35

Pegasus Bay Sauvignon/Sémillon 2020 ★★★★★

Like classic Bordeaux blanc, this distinctive Waipara, North Canterbury, wine is a marriage of sauvignon blanc and sémillon, harvested from vines more than 30 years old. Fermented and aged in stainless-steel tanks and French oak puncheons, it is bright, light yellow/green, with a fragrant, complex bouquet. Full-bodied, it has concentrated, ripe passionfruit, peach and lime flavours, gently seasoned with oak, savoury notes adding complexity and a tightly structured, dry, sustained finish. Best drinking 2024-plus. (13.6% alc/vol) \$34



Rapaura Springs Bull Paddock Vineyard Dillons Point Marlborough Sauvignon Blanc 2022 ★★★★★

This intense wine was grown in the lower Wairau Valley, at Dillons Point. A benchmark district style, it is light lemon/green, with deep passionfruit and lime flavours, vaguely salty notes, excellent delicacy and a powerful, lasting finish. (13.5% alc/vol) \$28

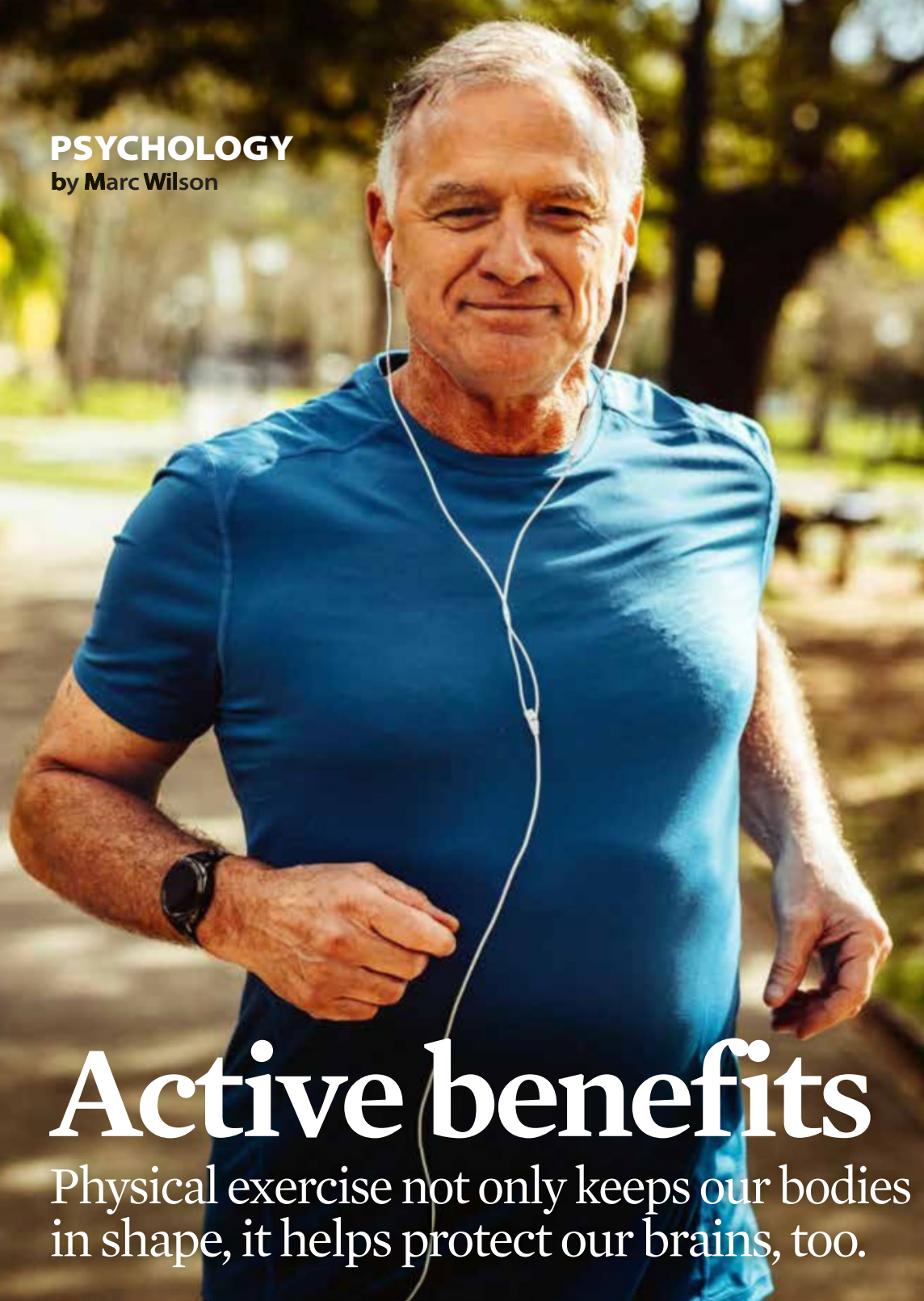
Misha's Vineyard Dress Circle Central Otago Pinot Gris 2021 ★★★★★

Richly perfumed and fleshy, this classy wine was estate-grown and hand-picked at Bendigo, and mostly handled in tanks; 27% of the blend was fermented with indigenous yeasts in old French oak hogsheads. A basically dry style, it is weighty and vividly varietal, with fresh acidity and deep, vibrant stonefruit, pear, lychee and spice flavours that show excellent intensity, delicacy and harmony. A finely poised, vigorous wine that is still very youthful, it's well worth cellaring to 2024-plus. (14% alc/vol) \$32 ■

WINE OF THE WEEK

Starborough Family Estate Marlborough Sauvignon Blanc 2022 ★★★★★

This label typically offers very good value. Estate-grown at two sites in the Awatere Valley, this energetic, intensely varietal wine is mouthfilling and vibrantly fruity, with deep passionfruit and green-capsicum flavours, a slightly salty streak and a dry, lingering finish. (13% alc/vol) \$20



Active benefits

Physical exercise not only keeps our bodies in shape, it helps protect our brains, too.

I am on sabbatical, aka research and study leave. This means I'm nominally released from teaching and administration temporarily to focus on research, in recognition of years spent teaching, administering – and researching. In truth, it's a chance to recharge your batteries, be a little less attentive to email and, in my case, devote a bit more time to my research students.

It's also a chance to learn some new stuff. A little tragically, that has meant paying a bit more attention to what Google thinks I'd be interested in. If you were to have a look at my Google news feed, you'd see a lot of American politics, horror movie trailers (my lab group is working on some research about why people watch these), topical psychology titbits and a disturbing amount of health and fitness stuff.

Because this is all about me, let me

remind you that a couple of years ago, I had a bit of a turn just as we were coming out of a Covid level 2 lockdown, and that's made me more attentive to the things people reminded of their mortality worry

Exercise promotes psychological wellbeing because it refills our emotional coping reservoir.

about, such as strength, fitness, and blood pressure.

It is no surprise that physical wellbeing is associated with psychological wellbeing. That's just intuitive,

right? At a basic level, we're more able to engage in physical activity when we feel psychologically well, and physical activity promotes psychological wellbeing because it refills our emotional coping reservoir. It's a reciprocal relationship.

But we're learning a lot more about how the link between our physical and mental wellbeing actually works. For example, it's less than 20 years since we figured out that when we work our muscles, they send messages throughout our bodily circuitry. These messengers (called myokines) tell our organs, including our brain, what they're doing and more recently we've learned that this process is associated with improvements in mood, and how effectively we learn and remember. I'm not an expert, but this is probably at least part of the reason why remaining physically active is recommended when we're feeling depressed.

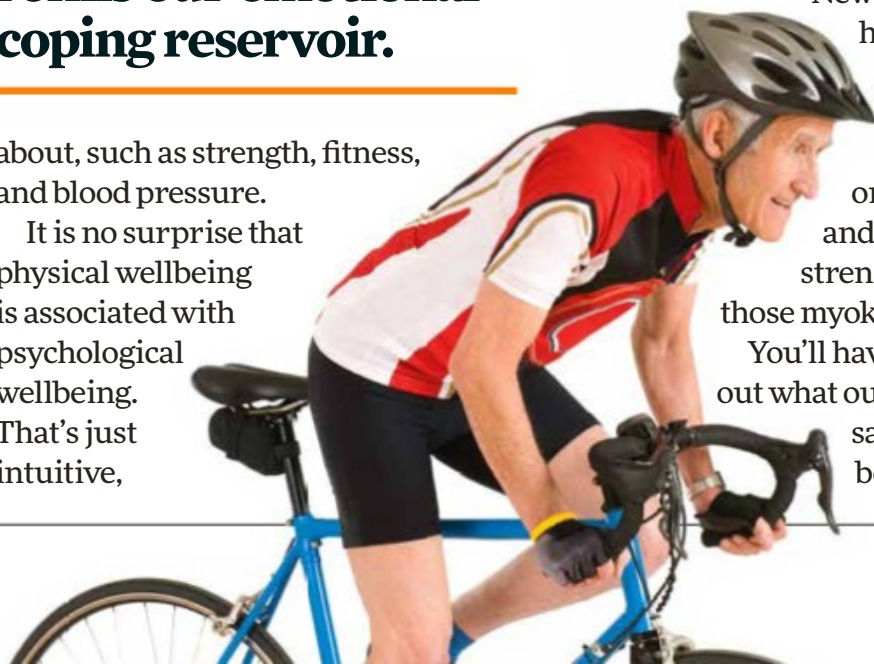
This appears to be particularly important for ageing. If you didn't already know, you may be horrified to learn that once we hit middle age, we not only start to lose muscle mass, but it's increasingly harder to build muscle. When we're younger, when we push our muscles to their limits, they respond by building more muscle fibres to deal with future strain. But as we age, the effectiveness of this muscle-building decreases – exercise will still make you stronger but it won't be as much through adding new muscle capacity as making what muscle you've got more efficient.

And unfortunately, the Ministry of Health's most recent New Zealand Health Survey shows that as we age, we tend to engage in less physical activity. Sure, we've long known that exercise is good for our physical health, and now research is showing how important it is for mental faculties. For example, a just-published study from Denmark shows that, based on a longitudinal study of more than 100,000 Danes over up to 43 years, low physical activity (less than two hours of light activity a week in leisure time) predicted a 160% increase in risk of non-Alzheimer's dementia. The upside, if there is one, is that the incidence of this kind of "standard" dementia is still relatively lowish – only about 4% of people in the study ended up there.

So this is a chance to plug the Ministry of Health recommendation for exercise if you're an older

New Zealander: aim for half an hour of moderate exercise on five days a week. This preferably includes three sessions focusing on flexibility and balance, and two of resistance (muscle-strengthening) activities, for those myokines.

You'll have to wait a bit longer to find out what our research on horror movies says, but rest assured you will be the first people to know. ■



Far-out finds

Meteorites are so sought after because they are treasure troves of information about the origins of the solar system.

An extremely bright fireball lit up the night sky across Otago and Southland at 10.50pm on August 28. Witness reports streamed in. While hundreds of meteors cross the sky each night, the meteoroid – the rock that travels through space and causes the fireball – normally vaporises in the high atmosphere long before anything survives as a meteorite, the material that reaches the ground.

This time the fireball was photographed by five autonomous low-light fireball cameras, two in Southland and three in Otago, that form part of a network led by Fireballs Aotearoa – a collaboration of NZ universities, astronomers and citizens. Each camera is triggered by a bright flash in the night sky, with the data then uploaded to a global repository. If a meteor is captured by multiple cameras, the trajectory, velocity and luminosity can be calculated.

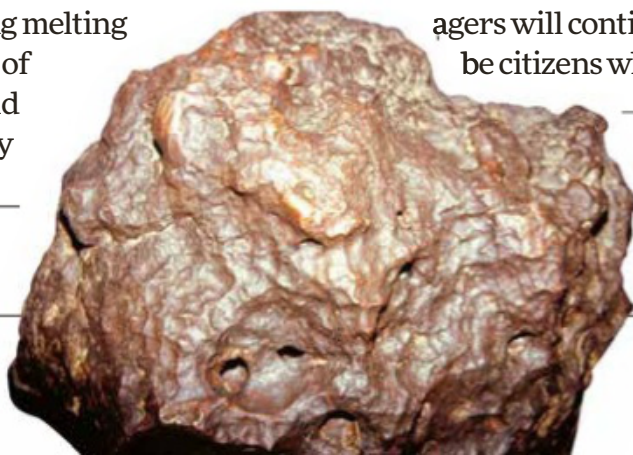
For the six seconds the fireball was visible, a camera at Dunstan High School in Alexandra and

another at Beverly-Begg Observatory in Dunedin jointly tracked it from an altitude of 70km down to 16km on a collision path with inland Otago. Calculations showed it decelerated from 15 to 3 km/s throughout its luminescent descent. Decelera-

Some have been found to contain minerals that pre-date the formation of our solar system.

tion happens as the air compresses in front of the fast-travelling meteoroid. This process also causes the air to heat, which vaporises elements to give the bright fireball tail as well as causing melting of the outer surface of the meteorite to yield the distinctive glassy

A meteorite in the Canterbury Museum.



fusion crust found on freshly fallen ones.

At 16km elevation, the fireball winked out. At this point, lower-atmospheric winds tend to buffet any surviving material off its initial trajectory. However, local wind speed and direction data enabled the Global Meteor Network to predict that the “strewn field” – where any surviving meteorite should be – was on farmland about 30km west of Dunedin.

A call went out, and a search team comprising scientists, Otago Museum staff, university, primary and high school students and members of the public assembled for three days to walk the strewn field in lines, pushing aside vegetation and scouring the fields, forests and swamps for a distinct black rock, or perhaps a crater in the ground.

This time, unfortunately, the meteorite was not located. It may not have survived intact. Or perhaps it tore apart, with the resulting tiny fragments deviating from the predicted trajectory. It could have also burrowed deep into the ground. Calculating fall trajectories is not an exact science.

Nine meteorites have been confirmed in New Zealand. The first discovery was in the Wairarapa Valley in 1863, and the most recent was in 2004, when a 1.3kg meteorite crashed through the roof of a house in the Auckland suburb of Ellerslie. All but two have been found by accident.

The Otago fireball search sparked reports of previously undocumented occurrences, including one where two children fishing saw a sparking meteorite fall into the Hokitika River in the 1970s, and another where a huge fireball in 1954 over Oamaru may have dropped a meteorite in (and destroyed) a vegetable garden. Given the size of New Zealand, three to four meteorites over 100g should reach land each year. This means there are more to be discovered.

We care about these voyagers from space. While meteorites are constructed from the same periodic table found on Earth, their constituents and history are important. Some have been found to contain minerals that predate the formation of our solar system 4.56 billion years ago. Others contain the first condensates from the solar nebula gas and are older than the planets. Some may have brought water to Earth. Others come from asteroids large enough to form an iron-rich core but which were then blown apart by collisions in space. We have hundreds of Martian and Moon meteorites found globally.

The trajectory of the Otago fireball indicated that it came from the Asteroid Belt and whatever secrets it held about the solar system remain unknown for now. The hunt for New Zealand’s 10th confirmed meteorite continues, but these special celestial voyagers will continue to come and it’ll likely be citizens who find the next one. ■

James Scott is an associate professor of geology at the University of Otago and part of Fireballs Aotearoa.

NOTICEBOARD

The New Zealand Herald
PREMIER SERIES

auckland philharmonia orchestra



ALPINE SYMPHONY

7.30pm, Saturday 12 November
Auckland Town Hall

Presented in collaboration with
ANAM
AUSTRALIAN NATIONAL ACADEMY OF MUSIC

Presented in association with
ICBC

BOOK apo.co.nz

Auckland Council

creative nz

FOUNDATION NORTH
The National Foundation for the Performing Arts

Four Winds FOUNDATION



Strangely Normal

**MENSWEAR
MADE IN NZ**

19 O'Connell Street
CBD, Auckland
Phone 09-309 0600
www.strangelynormal.com

BREAM HEAD
coast walks



Two or three night/day walking packages.
Based in the stunning Whangarei Heads area.
Immaculate purpose-built accommodation.
Delicious fresh food.

09 4340 571
coastwalks.nz

IRAN

2023

Escorted small group- Max 8 people

Persian Wonders
\$6,985 . 16 Days .
25 April - 10 May - 25 Sep - 10 Oct

Persian Dreams
\$9,500 . 23 Days .
11 May - 03 June - 11 Oct - 03 Nov

Pantone Colours of Persia
\$12,150 . 27 Days .
17 May - 12 June - 20 Sep - 16 Oct

For a FREE info pack contact your
KIWI/IRANIAN guide Mehdi
hello@travelandtour.co.nz
www.travelandtour.co.nz



VIETNAM & CAMBODIA

18 nights | 4 – 24 October 2023

Explore the historic bustling streets of Hanoi,
charming Hoi An and dynamic Saigon.
Experience the temples of Angkor Wat.
Two night cruise on Lan Ha Bay and seven nights
on a luxurious rivership cruising the Mekong.

30 YEARS

CALDER & LAWSON TOURS

0800 853 276
calderandlawsonstours.co.nz

2023
SEASON

auckland philharmonia orchestra



Auckland Philharmonia Orchestra

BE MOVED

ON SALE NOW. APO.CO.NZ



Auckland Council

creative nz

FOUNDATION NORTH
The National Foundation for the Performing Arts

Four Winds FOUNDATION



The last bastion

The writer of *Room* returns with a tale of three monks whose faith and survival skills are sorely tested on an inhospitable island. **by ELISABETH EASTHER**

HAVEN, by Emma Donoghue (Picador, \$32.99)

In seventh-century Ireland, a trio of monks make a pilgrimage to a wind-swept rock on the edge of the Atlantic Ocean. They're led by the ultra-pious Artt, who has been driven to embark on this perilous quest after dreaming that he withdraws from worldly temptation by founding a monastic retreat on an island. In his vision and reality he has with him two monks – youthful Trian and elderly Cormac – both of whom are honoured to be chosen for such a sacred

trip. As Artt explains to them: “Those who hate the world most have to go even farther to escape its seductions, right out to sea.”

As the men provision their frail boat for the trip down the River Shannon, space forces them to leave much of their luggage behind, until eventually Artt deems them sufficiently



Emma Donoghue

prepared – although, of course, they are not – whereupon they row in search of the perfect place to found their monastery.

Drifting out into the Atlantic and, guided by little more than wind and faith, they spy a barren rock in the distance. Steep and inhospitable, Skellig Michael is already

home to tens of thousands of seabirds, and it offers little in the way of vegetation. Not to be deterred, Artt claims the island for God and the two monks pledge their obedience, trusting the Almighty's plan for them.

What unfolds is a keenly observed story about human nature – and survival in nature – and so it is a relief to discover that both Trian and Cormac bring vital skills. Unfortunately, Brother Artt is so driven by his faith

As the migratory birds depart for warmer territories, the island begins to feel as bleak as the men's prospects.

and confident God will provide that he pushes the men to their limits, insisting they put spiritual projects above life-saving labours.

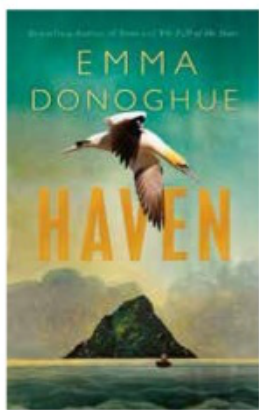
Haven, like many of Emma Donoghue's novels, including *Room* and *The Pull of the Stars*, is artfully written, imaginatively drawn, and creates a rich world where disparate characters are confined in environments that are limited yet expansive as the author besieges her cast with elements well beyond their control.

As the tension builds in *Haven*, readers are likely to find themselves filled with wonder and worry as the men struggle to subsist on this desolate island. As spring becomes summer and autumn gives way to winter – and with so little plant life and barely any fuel for fires – their survival is far from guaranteed.

As all the migratory birds depart for warmer territories, the island begins to feel as bleak as their prospects.

Yet when men are conditioned to obey sacred vows, thoughts of mutiny do not come easily.

Ultimately, *Haven* proves as captivating as it is nerve-racking. ■



Art of the reboot

Childhood game-designer friends rejoin forces for a life of infinite reinvention.

ANN PACKER

TOMORROW, AND TOMORROW, AND TOMORROW, by Gabrielle Zevin (*Chatto & Windus*, \$37)

"Isn't that the definition of insanity?" asks Sadie Green, when game designer Sam Masur suggests the pair work together again, two decades on from their first encounter. "Doing the same thing over and over but expecting a different result."

"That's a game character's life, too," Sam reminds her. "The world of infinite restarts."

Ah, but Sadie Green was a gamer. "In a game, if a sign warns you not to open a certain door, you will definitely open that door. If it doesn't work out, you can always go back to the save point and start again."

The Shakespearean title of this richly textured novel perfectly captures that notion of infinite reinvention, while carrying the greater freight of the Scottish Play, thus setting up the scenario for one of *Macbeth's* most significant themes, appearance versus reality.

All about love though not a romance, as the blurb puts it, the story follows a couple of talented young creatives from their first meeting as 11- and 12-year-olds in a hospital games room, playing *Super Mario Bros*. Sam has been in a dreadful car accident; Sadie is "one of the many neglected siblings of sick kids".

A misunderstanding, the first of many such breaches in their relationship, will end weeks of pleasurable game-playing. Later, they're joined by their flatmate at university in Boston – Marx, "who could not set foot in Harvard Square without running into an ex – who becomes their producer, and a partner

in their Unfair Games company.

Sadie's predatory university lecturer Dov is one of a strong supporting cast of characters, some playing the role of Greek chorus (or in gaming terms, NPC or non-player characters) to the trio's intertwined lives as they transition from late teenage

to mid-thirties. Flashbacks seamlessly fill in much of the personal, sometimes shocking detail.

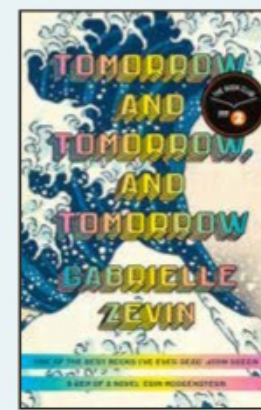
The language is a pleasure – young Sam, with his smashed foot, finds himself "hobbling across campus like an emeritus professor"; his "elephantine navy wool peacoat ... emanated mould, dust and the perspiration of dead boys"; while at science fairs, he mixes with "boys and girls like

himself, but wealthier, whiter, and with better teeth".

You don't need to know anything about the history or structure of gaming to enjoy this historical sweep – from standalone machines like *Donkey Kong* in the early 1980s and the 1985 educational game *The Oregon Trail*, to *Animal Crossing* and later 21st-century games. It's all laid out through the struggles and successes of these game designers, their teachers and, ultimately, their protégés.

On meeting the latest generation of players, who've grown up "huge fans" of Sadie and Sam's earliest creation and want to make a new version, the pair are shocked to find how young they are.

"How quickly you go from being the youngest to the oldest person in a room," Sadie thought. ■





Speaking in tongues

A fragmented world destroyed by an environmental calamity offers new linguistic possibilities in this intriguing dystopian novel.

ANGELIQUE KASMARA

SCATTERED ALL OVER THE EARTH, by Yoko Tawada (*Granta*, \$32.99)

Language and identity loss power the heart of *Scattered All Over the Earth*, a dystopian novel by Yoko Tawada and translated from Japanese into English by Margaret Mitsutani. Climate refugee Hiroki's entire country has gone, due to an unspecified environmental calamity, and although it's been many years

since her arrival in Europe, she has yet to meet another Japanese person. Along with newfound friends linguist Knut and student Akash, who is moving between genders, she travels to Trier, Germany, for an umami festival in the hopes of finally fulfilling her longing to speak her native tongue again.

The fragmented world comes into sharp focus through its odd, beautiful and precise prose, and Hiroki is ultimately optimistic, even when those around her

have forgotten her homeland.

"What kind of food do you like?" I asked her. "How about Finnish home cooking – sushi, for instance."

"Sushi not Finnish."

"Are you sure? I always thought it was Finnish. There's a sign in the Helsinki Airport that says 'Welcome to the Country of the Three Wonderful S's.'"

"Three s's?"

"Sauna, Sibelius, Sushi."

When faced with obstacles in her quest

Yoko Tawada: examines rootlessness, reinvention and the social power of language.

to find another native Japanese speaker, she instead cheerily adjusts her expectations: “native speakers so ordinary; non-native speaker equals utopia”.

Each chapter is narrated by a new character, which serves to recalibrate the ever-changing nature of the connections within this travelling troupe of lost souls and their identities. What transpires once they reach Trier and meet sushi chef Tenzo could be construed as a comedy of errors in lesser hands, however Tawada uses the blunt device

If we are to survive, it's community that matters and seeing each other as we truly are.

of mistaken identity to craft a beguiling and multilayered work that examines rootlessness, how language shapes perspective, and the exhilaration of reinvention inevitably bound to the loss of personal history. It's also a reflection on the seismic changes brought on by technology and globalisation, and the gentle reminder that humans aren't always the poster kids we want them to be.

In an exchange between an earnest American student telling a native Greenlander how his traditional hunting ways are under threat through climate change and pressure from animal rights activists, the response is, “But thanks to global warming, now we can grow vegetables.”

As a storyteller for children in Denmark, Hiroki communicates through her own made-up language, Panska, described as a blend of Scandinavian languages. The peculiarity of its sentence structure also works as a lens for this new world. “A long time ago, most immigrants headed for one specific country and stayed there until they died, so they only had to learn the language spoken there. Now, when people are always on the move, our language becomes a mixture of all the scenes we've passed through on the way.”

Tawada uses the polyphonic structure of the novel to present the idea

Poetry

bereavement counselling

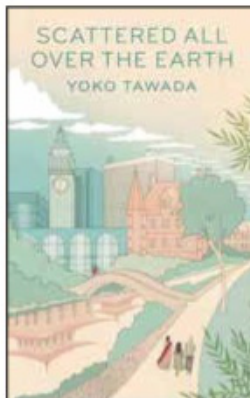
by JANET CHARMAN

according to Donna
why i have become fixated
on telenovelas
that are Korean
is because
to give the illusion of sexual
equality
all the starring men in them
are femme
actors who begin these shows
as stony-faced emotional virgins
with translucent skin
while at the start the women
can do anything
except be taller than him
then a few episodes in
for not raping her
while she's blackout drunk
he acquires a 5 star chivalry rating
i pound my breast
kind men kind men kind men
begin the kissing
– what am i missing?

Janet Charman's ninth poetry collection is **THE PISTILS** (Otago University Press)

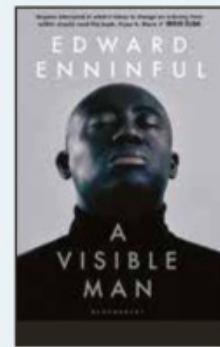
that identity tied to nationality, ethnicity and gender is holding us back from a more inclusive and bold future. It's at once exciting and also melancholic to see the possibilities that Hiroki and her friends stand at the brink of, yet are stymied by the broken world they've inherited. When Japan still existed, urban sprawl led to the brutal levelling of its mountains. Too many growth hormones poured into Baltic Sea farms have caused salmon to grow to the size of whales.

Although the arrival of an uninvited guest in the final chapter teeters on screwball comedy, and the remarkable coincidences that are revealed as a result don't quite fit the melancholic tone of what has come before, this doesn't detract from its central theme, that if we are to survive it's community that matters, and seeing each other as we truly are, not boxed within any category imposed by others. ■



Short cuts

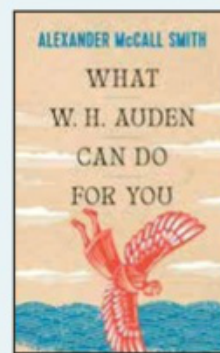
Don't read Edward Enninful's memoir, **A VISIBLE MAN** (Bloomsbury), expecting racy fashion gossip, says *NY Times Book Review*, though the editor-in-chief of *British Vogue* writes poignantly about his family, depression, sobriety and racism. The book does include anecdotes about clubbing in New York, said the *Times*, which reckons his is a remarkable story that rattles along (even if he sometimes lacks perspective about the difficulty of the job). And it is: from a childhood in Ghana via a stratospheric rise – model, stylist, fashion editor of *i-D* magazine at 18 – all the while with the goal of shaping a more inclusive industry.



From its invention, the bicycle has instilled potent fantasies in popular culture, particularly the dream of flight, thanks to bicycle mechanics the Wright brothers (and Richard Pearse), reckons enthusiast Jody Rosen's lively **TWO WHEELS GOOD** (The Bodley Head). Combining history, reportage and memoir, it explores the invention of the pneumatic tyre, poor cycling infrastructure, the idea of cycling as social leveller – until the car arrived – and that in poor parts of the world the bicycle is largely for labour not recreation.



Alexander McCall Smith is best known as a prolific writer of books, most notably *The No 1 Ladies' Detective Agency*. But he's long been a fan of poet WH Auden. Now, in slim paperback, is his **WHAT WH AUDEN CAN DO FOR YOU** (Princeton University Press). The self-improvement guru model isn't a particularly natural fit, thought the *Sydney Morning Herald*, given Auden “was neither an especially contented man nor a moral paragon”. But he was hugely successful. Auden's work, says the *Scotsman*, “helps us to have spiritual purpose and to love”, and “reminds us of community, and of how our life may be given meaning through everyday things”. ■





The artist's muse

The life and times of Kiki Man Ray, the forgotten queen of Bohemian Paris.

JUDITH BARAGWANATH

KIKI MAN RAY: Art, love and rivalry in 1920s Paris, by Mark Braude (*Two Roads*, \$37.99)

The instant she saw Paris, 12-year-old Alice Prin was hooked. Born dirt-poor and out of wedlock in 1901 and raised by her grandmother 150 miles away in Chatillon-sur-Seine, she had been put on a train alone and sent to the city to reunite with her mother. It was not a success. Marie, her mother, was barely getting by on a linotypist's wage and that too would have been Alice's fate after a series of menial jobs (including a long, miserable slog in a bakery) until the day, as a 16-year-old, she stood naked in front of a man – a sculptor – and found to her amazement that she rather liked the work.

“Outside,” writes award-winning historian Mark Braude in this new biography, “people were sweating, screaming at each other, chopping up meat, packing crates and unpacking them, running over the river to catch some early tram or motor bus. In the studio, all you had to do was be still and breathe. Who said work had to be so hard? It was more exciting than running around with baguettes or pouring cream for the gateaux basques. And for the three-hour session, he paid her as much as she made in a week at the bakery.” She had found her niche as a model and muse.

It wasn't easy. It was never going to be easy for anyone caught up in the trauma and chaos at the tail-end of the Great War but, in a hand-to-mouth existence, a girl's got to do what a girl's got to do: find work

as an artist's model. Montparnasse – The Quarter – was where the artists and society's misfits and outliers were congregating, and it was here that Alice Prin ran with a fascinating, fast crowd of emerging painters and intellectuals. (Think: Picasso, Modigliani, Duchamp, Cocteau.)

She rouged her cheeks and stained her Cupid's bow lips with crushed geranium petals and her ultra-arched eyebrows were accentuated with soot from burnt matchsticks. She cropped her hair and became Kiki de Montparnasse, the queen of bohemian Paris.

And it was about then she met a newcomer to town: a short, stocky painter with an American accent by the name of Emmanuel Radnitzky or Man Ray as he was known, and soon to become, urged and influenced by Kiki, the most famous



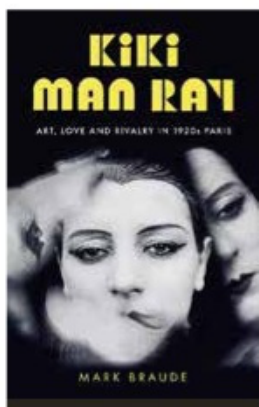
Kiki Man Ray: ran with the fast crowd of 1920s Parisian artists and intellectuals.

Dadaist photographer of the 20th century.

“Man Ray,” writes Braude, “wasn’t the first to play with ways of circumventing the camera by drawing directly on to film. But he pushed camera-less photography in a new direction by showing light, paper and developer could be used to make stuff of dreams and fantasy.” He called it Rayography.

She called herself Kiki Man Ray. Their decade-long relationship was tempestuous and the author charts Kiki, forever broke, as she turned her talents to the stage, becoming a chanteuse singing for sous while Man Ray went on to enjoy a life of wealth and fame. She died almost forgotten in 1953.

This is a captivating book that allows Kiki, the star of Montparnasse, to shine again. ■



They believe in miracles

A feelgood tale of nuns saving their convent.

CATRIONA FERGUSON

SMALL MIRACLES, by Anne Booth
(Harvill Secker, \$37)

Small Miracles, the first adult novel from established children’s author Anne Booth, is set in the 1990s in the small English town of Fairbridge, where the last three convent sisters of the order of Saint Philomena are facing crises both existential and financial.

The middle-aged Mother Superior, Sister Margaret, carries the responsibility for the crumbling convent and the welfare of her geriatric companions, the bouncy Sister Bridget and the snooty Sister Cecilia. While Bridget jollies them all along with delicious baking and tempting dinners (when the microwave and oven are in working order), Cecilia peevishly obsesses over the possibility of divine intervention, convinced that a winning lottery ticket or a miraculous sign transmitted via the unlikely medium of the *Antiques Roadshow* will solve their problems. Meanwhile, Sister Margaret engages in wry conversations with God and despairs of the mounting piles of unpaid bills.

In the wider community of Fairbridge, the locals are experiencing their own quiet struggles: a heartbroken travel agent dabbles in new love; an estate agent in the doldrums searches for meaning; an academic is in a battle of wills with university authorities; an elderly woman has an urgent secret; a bright young couple are in search of a honeymoon; and a parish priest is badly in need of a new church roof and a fresh-faced curate.

As the narrative weaves together the predicament of the nuns with the other residents of Fairbridge, the plot becomes less and less likely – but increasingly more enjoyable. Cecilia’s tenacity pays off: the much-anticipated lottery win duly occurs and the £20,000 windfall provides them with a small buffer. Most thrillingly, that unlikely signal from the *Antiques Roadshow* manifests itself and prompts a trip to Italy to investigate a potential miracle that might just save the day. As their



Anne Booth: sister act.

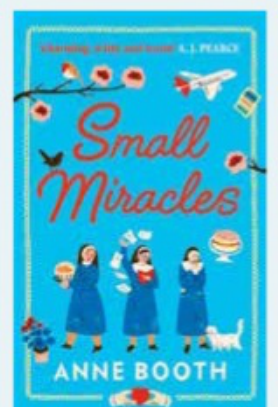
bishop cynically notes: “In this godless age, we need miracles to attract attention.”

While the sisters embark on their continental adventure with the intention of safeguarding the convent, along the way they also rescue their friendship and reconnect with each other spiritually and emotionally. Not only that, they bring resolution to their wider community, love is found, logistics are dealt with, new opportunities arise.

It’s no surprise, in a story as feelgood as this, that all ends well, but there are enough twists and turns and reversals of fortune along the way that the road to happiness never feels too predictable.

Small Miracles is heart-warming, gentle and funny. And while it’s an uplifting read, it isn’t afraid to tackle some of life’s more substantial questions about purpose and identity, grief and loss, and the consequences of thoughtless decisions and casual unkindnesses.

There are times when all the miracle metaphors can feel heavy-handed and the narrative strands come together maybe a little too neatly. But for anyone who’s waiting for the next Richard Osman novel or has somehow worked their way through the entire oeuvre of Alexander McCall Smith, *Small Miracles* is a highly enjoyable read. ■





Landmark decisions

A biography of Christchurch's Anglican cathedral is a story of emotions running high long before its post-earthquake fate divided the city.

CHRIS MOORE

HEART OF THE CITY: The story of Christchurch's controversial cathedral, by Edmund Bohan (Quentin Wilson, \$50 hb)

Presenting a coherent and cohesive history of Christchurch's Anglican cathedral would be a daunting prospect for anyone confronted by a bubbling brew of church politics, fractious debate and the occasional outbreak of unholy hostility. But ever unfazed, historian Edmund Bohan has, to use an appropriately scriptural quote, made the crooked straight and the rough places plain in this lucid biography of a building and the personalities who shaped it during the past 160 years.

This book probably won't be the final word on the city's Anglican cathedral, but it is one that manages to draw the diverse

threads together to present a reasoned and reasonable account of a story that for any outsider has frequently appeared to be far from reasonable and reasoned.

Perhaps it's a cultural thing, but from the very beginnings of European colonisation in Canterbury, the position, even the very existence, of a cathedral has been contentious. In 1848, the Canterbury Association saw the colony as a slice of 19th-century English society grafted on to the Canterbury Plains. There would be a benign social hierarchy led by the wealthy elite and an Anglican clergy who would, as Bohan writes, "guide and educate the yeoman farmers, tradespeople, labourers and domestic servants". But within a short time, visceral political warfare erupted as the colony's leaders descended into bickering and animosity, and the farmers,

tradespeople and labourers expressed growing resentment over their treatment.

Christchurch's first Anglican bishop designate stayed for a mere six weeks before allegations of financial impropriety forced his return to England. Even the laying of the cathedral's foundation stone in December 1864 didn't end the matter.

Would the new cathedral be in wood or stone? Stone, the Anglican hierarchy decreed. Architectural style? A chaste Gothic Revival building designed by the Victorians' architect de jour, Sir George Gilbert Scott. However, a Cantabrian architect, Benjamin Mountfort, would play a leading role in shaping the building as superintendent of works, though only after some debate.

Finally, on November 1, 1881, Christchurch's new cathedral was consecrated.



The spire of Christchurch Cathedral lies in ruins after the February 2011 earthquake, which also wrecked the interior.

Work would continue on completing the chancel and transept but Christchurch had its new Anglican centre of worship. Across the city, as Bohan notes, the impressive Roman Catholic Basilica had been completed in a relatively short time and with little controversy.

Bohan's energetic and alert account sets a cracking pace. Throughout the 20th century and into the 21st, the cathedral reflected the changes in both the Anglican communion and the wider community. It remained primarily a place of worship, but became a civic symbol: the focus for the city's spiritual, cultural and community life. Bohan obviously relishes his diverse cast of characters to inject personality and colour into the church's sober aisles and arches.

Everything changed within 40 seconds on February 22, 2011. Despite having escaped relatively unscathed from earlier earthquakes, the cathedral couldn't withstand the force of the shallow 6.3 tremor. The familiar tower and spire crumpled into an anonymous pile of debris. The interior was wrecked. Despite some injuries, no one was killed. But all the debates and controversy of the previous 160 years would pale into insignificance by what followed as Christchurch became divided by whether the cathedral should be demolished and rebuilt as a 21st-century spiritual centre or painstakingly restored.

The Anglican bishop, Victoria Matthews, became a polarising figure as she appeared to reject the cathedral's dual role in the city's collective life. Bohan remains diplomatic, describing Matthews as a person of "intense spirituality, charm and wit balanced by an autocratic style

and impatience with opponents ... certain that she had been called by God to Christchurch". A detailed analysis of her actions should only come later when emotions have cooled, he suggests.

But her decision to deconsecrate the battered building, increasingly public clashes with many of her senior clergy, and steely rejection of any opposition to her plans to demolish the building resulted in an increasingly acrimonious dispute between the bishop, her supporters and the

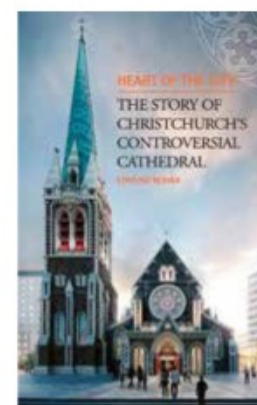
wider community before the final decision to restore the building was made. Matthews resigned in 2018, defiant to the last. No previous bishop, Bohan says, had confronted the physical and emotional cataclysm caused by the earthquakes. Her mistake was failing to recognise the cathedral's significance in the city's life.

"For one so committed to social justice and the

plight of struggling communities worldwide, she had sometimes appeared increasingly oblivious to the feelings of those close to home who were suffering and concerned over the fate of this building in the centre of Christchurch."

But in a book that becomes an absorbing social, ecclesiastical and cultural history, even Victoria Matthews emerges as an integral part of the long, rich human story of a building that for Christchurch remains much more than a symbol in stone, mortar and wood. ■

Across the city, the impressive Roman Catholic Basilica had been completed in a relatively short time and with little controversy.



THE GREATEST
GIFT

An Essential Education

A Ficino School education helps your child establish important foundations during their formative years.

Teacher-led learning develops the whole child while our holistic, values-based programme enriches their mind, body and spirit.

Give your child a head-start in life by enrolling them in Year 1 2024.

It really is the greatest gift you can give your child!

ficino.school.nz



**STAT
OF THE
WEEK**

Stats NZ
Tatouranga Aotearoa

**Divorces granted by
family courts in 2021 ...**



... the lowest since 1979

Learn more at stats.govt.nz

PRIVACY NOTICE

This issue of NZ Listener is published by Are Media Limited (Are Media). Are Media may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Are Media publications, products, services and events. Our Privacy Policy is located at aremedia.co.nz/privacy. It also sets out how you can access or correct your personal information and lodge a complaint. Are Media may disclose your personal information to its service providers and agents around the world, including in Australia, the US, the Philippines and the European Union.

In addition, this issue may contain Reader Offers, being offers, competitions or surveys, which may require you to provide personal information to enter or to take part. Personal information collected may be disclosed by us to service providers assisting Are Media in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose.

If you require further information, please contact Are Media's Privacy Officer either by email privacyofficer@aremedia.com.au or mail: Privacy Officer, Are Media, 54 Park Street, Sydney NSW 2000, Australia.

NZ MEDIA COUNCIL

listenerletters@aremedia.co.nz
The Editor, NZ Listener, PO Box 52122,
Kingsland, Auckland 1352

This magazine is subject to the
New Zealand Media Council.

- Please direct complaints to the editor:
listenerletters@aremedia.co.nz
- If unsatisfied, the complaint may
be referred to the Media Council,
PO Box 10-879, The Terrace, Wellington
6143, or email info@mediacouncil.org.nz
- Online complaints form
at mediacouncil.org.nz



BRIDGE by David Bird

NORTH
♠ A 5 3
♥ K 5 4 3
♦ 9 6 4
♣ A K 9

WEST
♠ 6 4
♥ J 9 6
♦ K 8 2
♣ J 7 5 3 2

EAST
♠ K J 10 8 7
♥ Q 10 7
♦ A 7
♣ 10 8 4

SOUTH
♠ Q 9 2
♥ A 8 2
♦ Q J 10 5 3
♣ Q 6

Love all, dealer North

West	North	East	South
—	1C	1S	2D
Pass	2S	Pass	2NT
Pass	3NT	All Pass	

South's 2D response promised reasonable values and North viewed his 14 points as slightly too strong for a simple raise to 3D. He cue-bid the enemy suit and was pleased to see his partner call 2NT, which he raised to game. Take the East cards now and see if you can beat the contract. Your partner leads the six of spades and declarer plays low from

dummy. What is your general plan for the defence? Suppose you win with the spade king and return the jack of spades. Declarer has to develop the diamond suit. When your partner wins with the king of diamonds, he will have no spade to play. Declarer can win West's switch to a different suit and clear the diamonds, making the game easily. Although it may seem unnatural, you should hold up your king of spades at Trick 1, playing the 10, instead. If declarer wins with the spade queen and plays diamonds, your partner can win and clear the spades while you still have a diamond entry. If, instead, declarer allows your 10 of spades to win, you will switch elsewhere (any non-spade except for the diamond ace). When declarer plays on diamonds, West can win and clear the spade suit. Suppose North was the declarer, instead. Sitting East, you would lead the jack of spades and the effect would be exactly the same, whether declarer won with the queen or not.

BIDDING QUIZ

WEST	West	North	East	South
♠ A K 9 8 3	—	—	—	1C
♥ K J 5 2	?			
♦ A 6 5				
♣ 5				

**What will you say on the West cards?
(Answer on page 58.)**

TAKE 5 by Simon Shuker

	1	2	3	4	5	6
5				7		3
4	8	9	7	5		10
1		5		3		10
7		5	6	2	3	3
3		3				8
5	9	2	2	3	5	

No.1433

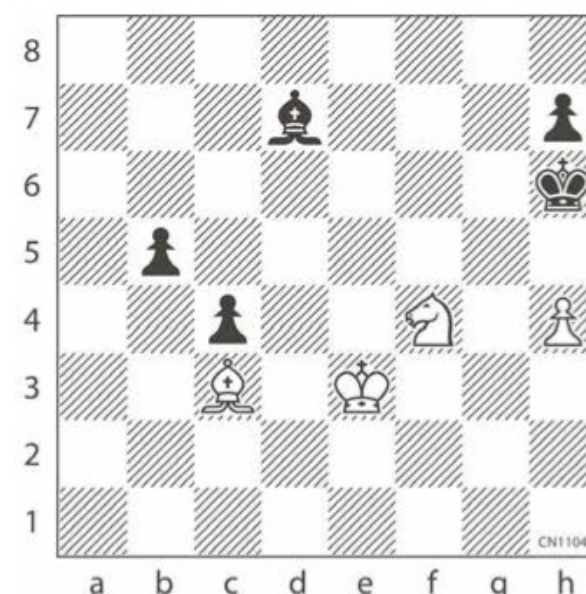
Enter the letter
given, then solve.

10 = M

Solution 1432

	T	W	I	C	E	
T		I		O		A
A		N	I	L		L
C	A	N		O	I	L
I		I	N	N		O
T		N		E		T
	A	G	I	L	E	

BARDEN'S CHESS PROBLEMS



Fabiano Caruana v Pentala Harikrishna, St Louis, 2019

America's then world No 2 (White, to play) crushed his Indian opponent in this series, but he missed a chance here for a beautiful forced mate in five moves, using only White's king and bishop. Can you do better?
(Answer on page 58.)

Puzzle No 1669

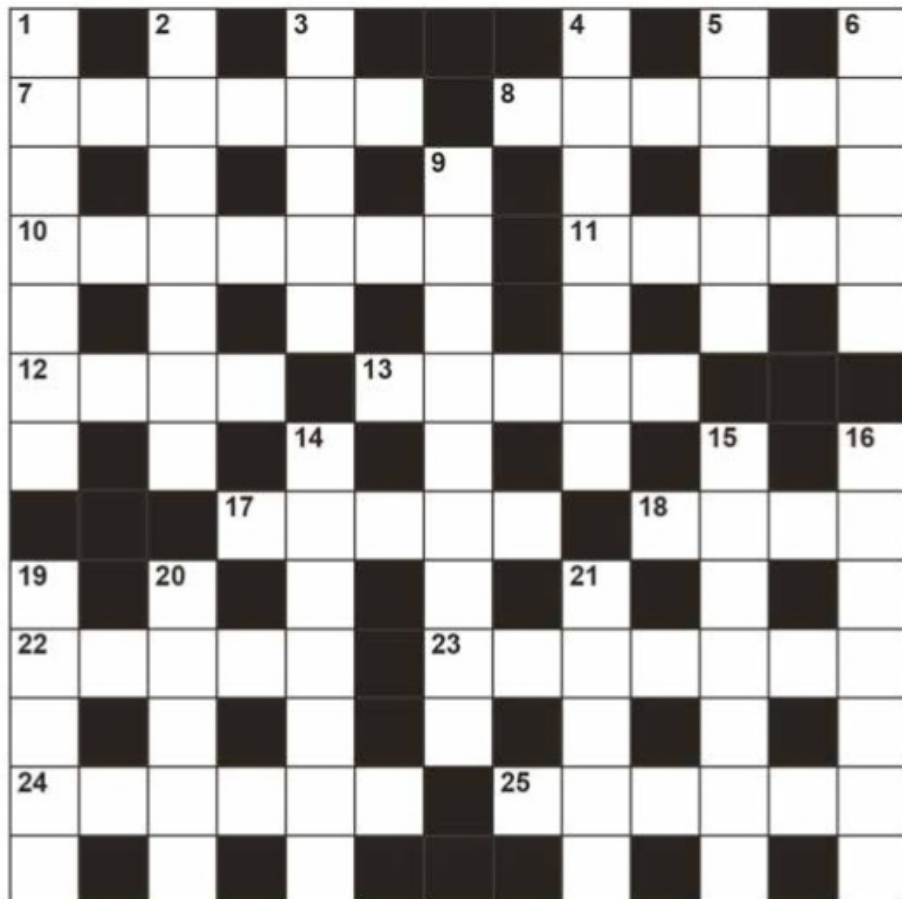
Clues across

7. Which shipping company owned and operated the ocean liners Mauretania and Lusitania? (6)
- 8/10. Who created the character Bip, a melancholy, engaging clown with a red flower in his hat? (6,7)
11. What flower often features on Turkish ceramic tiles? (5)
12. What word can precede strategy, poll, wound? (4)
13. What are the entrails and internal organs of an animal used as food? (5)
17. What powder is often included in recipes for brownies? (5)
18. Which Philip wrote the novels *Goodbye, Columbus* and *Portnoy's Complaint*? (4)
22. What citizenship did Spike Milligan take when the UK refused him a passport in 1962? (5)
23. Which Dutch scholar of the 15th-16th centuries had the sobriquet "Prince of the Humanists"? (7)
24. Which country is named after a tree? (6)
25. The Stratocaster guitar has been continuously manufactured since 1954. Who makes it? (6)

Clues down

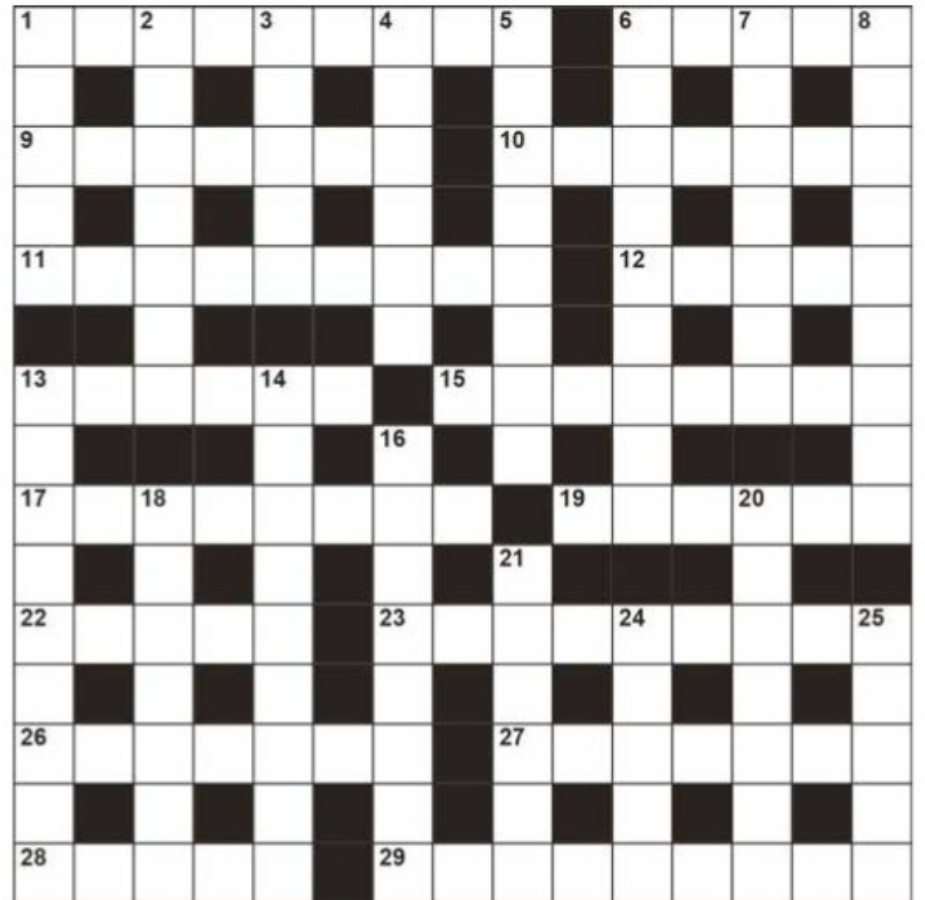
1. What is someone who

- swindles you by means of deception or fraud? (7)
2. Which open-source operating system used for smartphones and tablet computers was launched in 2008? (7)
3. To which city did Vincent van Gogh move in 1888 when he grew tired of the cold of Paris? (5)
4. Which George created the word Kodak? (7)
5. What insects with a protective waxy shield are a sap-sucking pest on plants? (5)
6. What hinged sections of an aircraft's wings are used to control lift? (5)
9. How is the flower *Helianthus annuus* better known? (9)
14. At a rock concert, what is the area in front of the stage where audience members dance wildly? (4,3)
15. What item of furniture contains a concealed chamber pot? (7)
16. In *Star Trek*, what hand-held weapons could be set to "stun" or "kill"? (7)
19. Which fictional lion is the son of Mufasa and Sarabi? (5)
20. What is the second-largest city in Italy? (5)
21. Whose is the only flag not represented in the combined flag of the United Kingdom? (5)



Solution 1668 Across: 1 Operas, 5 Ostend, 9 Stigma, 10 Merino, 11 Nato, 12 Habsburg, 14 Chitin, 16/19 Albert Einstein, 21 Omsk, 22 Trowel, 23 Ersatz, 24 Russet, 25 Damson. **Down:** 2 Pat Cash, 3 Ragwort, 4 Sea change, 6 Seeds, 7 Epicure, 8 Drought, 13 Brain Dead, 14 Chester, 15 Igneous, 17 Blossom, 18 Risotto, 20 Theme.

Puzzle No 1301



Clues across

1. Seeking a review by being likeable? (9)
6. Nasty pain with cold causes scare (5)
9. Quietly sack staff for the tie breaker (4-3)
10. Boy soprano embraces maiden, making one shiver (7)
11. Sniffle comes back, not serious at first but it might produce a glare (9)
12. Traveller takes her about one kilometre (5)
13. The captain makes almond pudding (3,3)
15. Gilbert's colleague rebuilt villa in daylight (8)
17. Fly has left, replaced by sort of erotic violence (8)
19. Mind some gypsy cherry pickers (6)
22. Pale yellow is best (5)
23. Our petrel is destroyed for a trader in dead birds (9)
26. Keep separate yet also tie knot (7)

27. Really in the beginning nothing upset Adam parking and driving guide (4,3)
28. Dandy fellow in tiny misrepresentation (5)
29. Driven away, I'd go back given brief rests at work (9)

Clues down

1. New papal order brings dismay (5)
2. Bent the car parking on garden in a frenzy (7)
3. An old measure in progress now (5)
4. A crowd suddenly arriving home on Friday with a certain make of soap (6)
5. Go visiting people to score a wrestling match (3,5)
6. She gets involved with strange people making spying devices (9)
7. Delivery vehicle turns up carrying novel book and famous Russian/American author (7)
8. Permission for demolition (9)
13. Smell loo in fact if messy (9)
14. Play along with a sort of electricity firm (9)
16. Freeze or halt the cortège (4,4)
18. Rapidly recite "the dance is cancelled" (4,3)
20. Yellowish brown animal going around middle of park (7)
21. Centre of revolution on schoolmaster's uprising shows arrogance (6)
24. Orient small projectile to go north and it's a deal (5)
25. Keep quiet in a surprise attack, making it quick (5)

Solution No 1300



su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

	4						8	
	6	9		2			1	
			3	1		5		
					7		5	
		4				1		
	9		6					
		3		9	4			
	5			8		6	7	
	7						4	

846 MEDIUM

4						3		2
				3		8		
			8		9	4		6
7							8	
	3						1	
	9							4
8		7	5		4			
		3		1				
6		4						8

657 HARD

LAST WEEK'S SOLUTION

7	6	4	9	1	2	8	5	3
8	5	9	7	6	3	2	1	4
2	3	1	4	8	5	6	7	9
4	1	2	6	3	7	9	8	5
5	7	8	2	4	9	3	6	1
6	9	3	1	5	8	7	4	2
9	8	5	3	7	1	4	2	6
3	4	7	5	2	6	1	9	8
1	2	6	8	9	4	5	3	7

LAST WEEK'S SOLUTION

2	5	9	3	8	4	7	6	1
3	7	4	9	6	1	5	2	8
1	6	8	5	7	2	3	4	9
4	2	1	8	3	7	6	9	5
8	9	7	6	2	5	4	1	3
6	3	5	4	1	9	8	7	2
9	4	3	1	5	6	2	8	7
5	1	2	7	4	8	9	3	6
7	8	6	2	9	3	1	5	4

KAKURO

820

				15	37	11					13	31	12
			18							19			
	10	11				9				12			
29									14				
	4			33						18			6
			41							28			
	7	10		15		4				16			
14									11				
						23							
27						28							
					32							20	16
9					20						6		
				5						23			
			16							23			
		35											
	25									26			
	12					9							
11				8					15			9	12
				6					23				
9			16								8		
			10								16		
11					38								
23						22							

- 1. Place a number from 1 to 9 in each empty box.
- 2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
- 3. Numbers may be used once in each block.

LAST WEEK'S SOLUTION

8	5		8	6	5			6	8	9
4	3	6	5	1	2		3	2	1	5
9	7	2		4	6	7	2		2	7
2	8				8	9	4	2	7	
	1	5		3	4		1	3		
1	2	4		2	1	3	5	4	6	8
3	4	6	5	1		4	6	7	8	9
4	6	9	7	5	8	2		1	3	7
		7	3		5	1		6	9	
	3	8	6	2	1				7	6
3	1		9	8	6	7		3	2	4
1	2	7	8		3	8	2	5	4	1
6	8	9			7	9	4		5	2

BRIDGE BIDDING QUIZ SOLUTION

The modern style on this type of hand is to bid 1S, rather than make a take-out double. This will locate a 5-3 spade fit immediately. If North raises to 2C and two passes follow, you can reopen with a take-out double on the second round. Only when you hold this shape and upwards of 18 points would the old phrase "I was too strong to overcall" be appropriate nowadays.

Awards: 1S – 10, Double – 7, 2S – 2.

CHESS SOLUTION

1 Ke4! b4 2 Bh8! c3 3 Ke5! c2 4 Kf6! c1Q 5 Bg7 mate.

10 QUICK QUESTIONS ANSWERS

- 1. The griffin has the head of an eagle.
- 2. Mt St Helens, due to a large eruption.
- 3. Basketball. The YMCA was also a key early promoter of volleyball.
- 4. International Business Machines (IBM).
- 5. Gig.
- 6. Drambuie is made from Scotch whisky, heather honey, and a secret blend of herbs and spices.
- 7. Star Trek.
- 8. False. The Great Wall in China is estimated to weigh considerably more.
- 9. Tokyo.
- 10. Carapace.

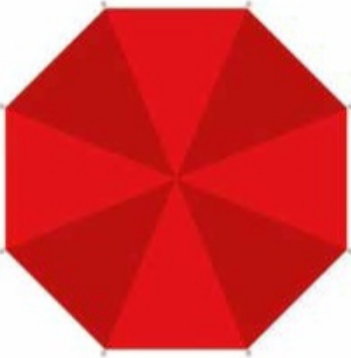
LOGIC PUZZLE SHADY SALE

An umbrella shop is offering a sale on four different types of umbrella. Each is a different colour and a different price:

- 1. The orange item is \$13 cheaper than the beach umbrella.
- 2. Regarding the orange and the green items, one was the most expensive and one was the lace parasol.
- 3. The classic umbrella is \$13 more expensive than the beach umbrella.
- 4. The golf umbrella is dearer than the lace parasol.
- 5. The beach umbrella is red.

Using these clues and the grid below, can you work out the details of each sale item?

		UMBRELLA TYPE				COLOUR			
		Beach	Classic	Golf	Parasol	Blue	Green	Orange	Red
PRICE	\$17								
	\$30								
	\$43								
	\$56								
COLOUR	Blue								
	Green								
	Orange								
	Red								



You may write your answers in this grid:

TYPE	COLOUR	PRICE
Beach		
Classic		
Golf		
Parasol		

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

9		3		3	11	5	14	15	9	26	3	H
15	16	20	4	15		21			1		26	
25		26		18	5	17	22	26	2	14	16	7
1	16	12	26	14		26			26		19	
17		14		17	15	20		10	14	15	3	14
12		17			12	14	9	1		24		23
1	21	W	15	17	12		15	13	21	26	21	23
9		14		5	3	14	12			1		3
1	17	8	26	22		18	14	13		9		4
	1		12			18		15	13	15	19	14
4	1	13	26	22	Z	14	17	3		22		16
	3		1			10		22	13	26	17	16
3	22	15	22	5	14	22	22	14		10		3

1	2	3	4	5	6	7	8	9	10	11	12	13
			H		Z							W
14	15	16	17	18	19	20	21	22	23	24	25	26

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

SCATTERWORD



Your aim is to create words of four letters or more using the given letters once but always including the middle letter. Do not use proper names or plural/verb forms that add only "s". See if you can find the nine-letter word using up all the letters.

- 9 GOOD
- 11 VERY GOOD
- 14+ EXCELLENT

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

S H A D E

F U L L Y

Last week's solutions. Logic Puzzle: Bruno watches *Trauma City* at 3pm, Daphne watches *Area 22* at 2pm, Hector watches *Sunset Dream* at 4pm and Maggie watches *Valour 3* at 5pm. Scatterword: AGGRIEVED, aggrieve, diverge, grieved, evader, graded, varied, gravid, verged, derive, grieve, evade, drave, raved, reave, grave, diver, drive, rived, verge, giver, avid, diva, gave, aver, rave, dive, vide, vied, ever, veer, give, rive. 33 words. Permutate: WATCH, AITCH, ETHIC, CHIVE, VOICE, MOVIE

Clueless crossword:

1	2	3	4	5	6	7	8	9	10	11	12	13
C	S	E	I	P	R	W	O	K	H	Y	T	Z
14	15	16	17	18	19	20	21	22	23	24	25	26
M	N	U	D	V	Q	X	J	B	A	L	G	F

Another side of Karen

The protagonist in new Val McDermid-inspired TV crime series *Karen Pirie* might share her name with an internet meme, but that's about all they have in common.



In *The Distant Echo*, the 2003 bestseller that was the beginning of Scottish crime writer Val McDermid's "Inspector Karen Pirie" series, the policewoman doesn't appear until two-thirds of the way through the book. Back then she was, says McDermid, a relatively minor character.

But when it came to writing the 2008 psychological thriller *A Darker Domain*, Pirie fitted the bill for another cold-case story set in Fife, the area north-east of Edinburgh from where McDermid hails. The Pirie series – six books so far – was born.

Now the character is heading to television, with

an adaptation of *The Distant Echo* – it's titled *Karen Pirie* and she's there right after the opening titles.

There have been other page-to-screen changes with the show, which British reviewers praised for its refreshing approach when it debuted in the UK last week.

Whereas the book spanned the 1970s to the early 2000s, the show's murder is in 1996 and is being reinvestigated 25 years later. The case being reopened is sparked by that contemporary phenomenon, the true-crime podcast, one that lambasts Fife police and their seeming victim blaming for their failure to solve the murder of barmaid Rosie Duff.

Her body was found in the ruins of St Andrews Cathedral in the town famous for its university and being the home of golf.

For McDermid, who recently returned to New Zealand to continue her

visiting professorship at the University of Otago, it's the fourth show with her name attached after *Wire in the Blood* and *A Place of Execution* from the 2000s, and 2019's forensic series *Traces*.

The Pirie books were optioned by World Productions, the makers of *Line of Duty*, *Bodyguard* and *Vigil*, among others, several years ago.

But getting the series going with the first book proved difficult, says writer Emer Kenny, before she worked out how the show could juggle the book's two timelines. Kenny also decided that Pirie should be in her late 20s in 2021, not 2004.

"That's had a big effect



Val McDermid

on the character, because I wanted her to feel as modern and relevant as possible. TV Karen is an updated version, but at her core she is the same. Val describes Karen as having a mind full of motors; she's totally vanity-free, she's defiant in the face of authority and she's really determined to do her job well. She gets emotionally involved in her cases, she emotes openly, she cares. All of those qualities are still there."

Having been through the

"For a working-class girl born in Fife in the late 1980s, the name Karen had very different connotations."

television process before, McDermid was fine with the changes, says Kenny.

"She read lots of drafts, gave me feedback, came to set and watched early cuts, but she was also really respectful, knowing that the TV process is different to authoring books."

McDermid also approved the portrayal of Pirie by Lauren Lyle, a Scottish actress who's been a regular in the Highland time-travel drama *Outlander* and had a supporting role in *Vigil*.

Says the novelist: "When I first saw her on set, I thought, 'She's got it! She's got Karen, she understands who she is and she's doing a fantastic job of projecting that on the screen.' I'm really impressed with what she's done with the character. She makes me smile."

Lyle's Pirie isn't your typical television detective. She's young, funny, seemingly untroubled by any demons.

Becoming the lead detective in a crime drama named after your character is a rarity for a 29-year-old actress. "It is quite a different take on a detective show, with a younger, underestimated woman who didn't quite expect to have a case like this thrust upon her," says Lyle. "I watched loads of female detective shows for my

especially in how it balanced a dark story with some everyday levity. In the first episode, Kenny's script briefly addresses how social media has used the character's first name as a disparaging term with a joke. Executive producer Simon Heath says they didn't consider changing it.

"For a working-class girl

her, not simply a victim of male violence."

Kenny says her writing of the series coincided with the 2021 murder of Sarah Everard by a London police officer.

"I felt this bubbling anger in my chest at all times when I was writing, because the subject matter in the book covered a really similar area –



research and many of them tend to be about damaged women who are going through something and their job is their life. Karen is a bit more hopeful than that."

Lyle was understandably excited to get the part. Her parents even more so.

"My mum and dad had read the books and they were beside themselves when I told them I'd been offered the role of Karen. My dad kept saying, 'But Lauren, Val McDermid is the queen of crime. Do you know that?'"

Both Kenny and Lyle cite Kate Winslet's detective in *Mare of Easttown* as a reference point to *Karen Pirie*,

born in Fife in the late 1980s, the name Karen had very different connotations. But Emerald was still keen to acknowledge the way Karen's name had taken on a new significance in contemporary culture."

The series is yet another drama about the killing of a young woman, but both Kenny and Heath think the story's murder victim, Rosie Duff, is a fully fledged character.

"Val has always been very clear that *The Distant Echo* is not a 'dead girl' drama," says Heath. "We discussed at length how to ensure that Rosie was as present in the drama as she is throughout the novel – as a young, independent woman with her whole life ahead of

Lauren Lyle as Karen Pirie: not your typical TV detective.

Rosie, the victim in the book, is just trying to get home and she doesn't make it. I felt angry and I could see how angry others felt, too, so it was important that I approached this story properly and that I gave Rosie a voice. I tried to put the victim's experience in the mouths of the actresses and it felt like that was a better way of approaching this kind of story. I was really concerned about getting it right." ■

The first of Karen Pirie's three 90-minute episodes starts streaming on Acorn TV from Monday, October 10.

Practical joker

How a stuntman past has made Aussie director Nash Edgerton a short-film prankster.

by **RUSSELL BAILLIE**



He's been Marlon Brando's pet. He's directed Bob Dylan. He's been a stuntman in a large pile of film franchises, including *Star Wars* and *The Matrix*, and had the occasional job taking the hard knocks for his younger actor brother Joel.

No, Nash Edgerton has not lacked for variety in his screen career. He's directed a couple of features, too, both at home in Australia and in Hollywood and three seasons of the acclaimed Aussie hitman television series *Mr Inbetween*. The show displayed Edgerton's pitch-black but larrakin-esque sense of humour, something that's long been evident in his short films such as three that are showing at this year's Show Me Shorts Film Festival.

But hold on, Brando's pet? He was a dog man in the notorious 1996 version of *The Island of Dr Moreau* in which the cinema legend played the mad

scientist, when he could be bothered turning up on set in North Queensland.

Temuera Morrison was also part of the menagerie. "We were the two dog men sitting either side of Marlon Brando. So, on Marlon Brando's first

"I didn't go to film school. My school was working on films and getting to see other film-makers do their thing."

day, we both had these prosthetic dog faces on, and Tem's going, 'What are we going to do, Nash? Marlon Brando's coming' ... that film was quite an incredible experience," Edgerton says from Sydney.

He next encountered Morrison in a spaceship flight scene when the actor was playing Jango Fett in *Star Wars: Attack of the Clones* and Edgerton was the stunt double to Ewan McGregor's Obi-Wan Kenobi.

But having done so many on both sides of the Pacific, he says his stunt gigs are something of a blur, even if he sounds chuffed by how many times he died in *The Matrix*.

He started creating short films, often co-writing with his

Nash Edgerton: a good understanding of film-making.

you're also working in front of the camera, it gives you a good understanding of the film-making process."

His combined stunt and directing work in his short *Lucky* – the story of one man stuck in the boot of a runaway Holden sedan in the outback – impressed Bob Dylan's management enough to invite him to pitch ideas for a video.

Edgerton has now directed four of Dylan's music videos since 2009 and, yes, it was intimidating at first, but he says the veteran singer-songwriter was "pretty awesome and collaborative". He also got to cast his father, Michael – a long-time Dylan fan who gave his sons an appreciation for his music – in a party scene to the clip for *Must Be Santa*.

Short films may have helped Edgerton get noticed earlier in his career and helped his path

from stuntman to director, but they have remained one of the constants in Edgerton's diverse CV.

"I've just always liked short films. They are definitely a different beast to feature films and to long form in general, and some stories are just meant to be short.

"I just appreciate the format. It's like short stories. People will write novels and then they write short stories, and I've found a lot of inspiration from seeing short films at festivals."

Among his action-thriller bonsai epics, there is now a trilogy – *Spider*, *Bear* and the new *Shark* – which he's directed and starred in as Jack, a guy who can't help pranking his girlfriends, with severe unintended consequences. His three blackly comedic, madly twisty films are themed on the titular creatures being part of Jack's practical jokes.

Shark stars Rose Byrne as Sofie, Jack's latest partner, the first to appreciate and expect his pranks and give as good as she gets. But expecting the worst doesn't necessarily help when the pair head on a diving excursion during their tropical honeymoon. Especially as, unlike *Spider* or *Bear*, *Shark* features a real shark.

Yes, he did go back and look at *Jaws*, one of his favourite movies. "It's quite incredible the feelings that film gives you. A lot of the shark movies these days are just these shock-scares, and the reality is sharks come along and taste something and drag it along and maybe let go of it. I wanted it to feel quite authentic." ■

Show Me Shorts runs at 38 cinemas and community venues around the country between October 7 and 30. *Spider/Bear/Shark* is one of the 13 themed sections of the programme, which features 92 short films from 27 countries. *Mr Inbetween* is available on Neon.

FILM

SARAH WATT



Ana Scotney in *Millie Lies Low*: she's not in the Big Apple, but in a pickle.

Home truths

The story of a student pretending to be in New York is also a sharply observed commentary.

MILLIE LIES LOW

directed by Michelle Savill

When Wellington architecture student Millie earns a coveted internship at a New York firm, the only thing stopping her from following her dream is the panic attack that sees her scrambling off the plane before take-off. Secretly stranded in her home city, dripping with embarrassment and regret, Millie (a superb Ana Scotney) finds herself a bit stuck. Having committed to documenting the trip on Instagram, this classic Gen Z kid – whose good fortune is being proudly touted on local billboards and TV news clips – now has to make good on her promise. But she's not in the Big Apple – she's in a pickle.

What unfolds is a blackly comedic cautionary tale of how a small lie can spiral into a big problem, as Millie

embarks on a charade that creates hilarious but excruciating situations, often prompting the viewer to wonder what they would do in her shoes.

Millie's journey to redemption involves poignant scenes of betrayal and home truths.

This accomplished debut feature by writer-director Michelle Savill also works as a sharply observed commentary on presenting our lives online. You can't help but laugh and admire Millie's innovative methods in convincing her best friend and ex-boyfriend "back home" that she's living it up in NYC. But anyone with a heart will

also feel a pang for Millie's self-induced predicament.

Central to the film's charm is a storming lead performance by Scotney, the best thing in last year's adaptation of Patricia Grace's novel *Cousins*. Scotney may be adeptly playing the fool here, but her particular brand of deadpan reveals enormous dramatic talent – hers is a face that tells you what her character is really thinking. Critically, even when Millie is making excruciating life choices, Scotney makes her a heroine to be rooted for.

Millie's journey to redemption involves poignant scenes of betrayal and home truths. Although the tightness of the plot slackens somewhat towards the end, it then delivers a squirmingly awkward emotional gut punch that brings a new meaning to our infamous Cinema of Unease.

★★★★★

IN CINEMAS NOW

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)

MUSIC

GRAHAM REID

Life and soul

Former folkie Frazey Ford channels Al Green in NZ.

Gabriola, a small island with a permanent population of under 5000, is a 25-minute ferry trip from downtown Vancouver.

This is where singer-songwriter Frazey Ford, who came to attention with the Canadian folk-country band The Be Good Tanyas in the early 2000s but has been on a soul music-inspired solo career for more than a decade, retreats to decompress.

Two years ago, the downtime became enforced. Her album *Ukin B the Sun* was released two weeks before Covid-19 hit: "Five Canadian dates, then everything stopped."

Back on Gabriola, she began designing clothes, painting, making pottery, ceramics and lamps ...

"Music as a creative outlet has more pressure by being public, so I like to reclaim my creativity and lose the sense of an audience for a while. If I'm designing a pair of pants, no one cares," she says, laughing.

"I like making something tactile because you can see you've spent eight hours working on something. In songwriting, you can spend eight hours and not

use any of it.

"I sometimes wonder why I chose songwriting. It's really hard. But when it comes together or you've written a line that resonates with people, then you're thankful

Often, I don't fully understand the sense of a song until I'm playing it to people and having that communion.

"To have that denied meant part of the process was missing."

"Music as a creative outlet has more pressure by being public, so I like to reclaim my creativity and lose the sense of an audience for a while."

for the energy you put in."

So, Ford – whose New Zealand tour with her band in October includes dates at two arts festivals – found absence of an audience meant a lack of artistic completion.

"I'm not a road dog who needs to tour, but not getting to play an album made me realise how important that is. Taking music into a room of people is when the album settles and becomes what it's meant to be.

Ford says The Be Good Tanyas shot to attention rapidly in the early 2000s and toured relentlessly, but their folk/country style wasn't what she wanted to play exclusively.

Born in Toronto in 1973 to a family where there was always music, she heard Otis Redding's *Greatest Hits* at 11 and "it struck me intensely how beautiful that [soulful] sound was". Later, she discovered Memphis soul singer Al Green

and "it changed the course of my musical personality and direction".

"I even had an Al Green soul covers band. But the band that took off [The Be Good Tanyas] had that country influence. However, Al Green had always been there in the background."

Green's music bridged country and soul, so in her solo career, starting with her *Obadiah* album in 2010, she moved soul-wards. Her sophomore album *Indian Ocean* had her working with Green's band in Memphis.

Ford channelled soul and art-pop into the highly personal *Ukin B the Sun* – likened to Joni Mitchell sung by Macy Gray – and although many songs bounce off natural imagery (no surprise considering where she lives), another side comes through on *The Kids Are Having None of It*. It echoes Bob Dylan's 1965 injunction to the older generation to "get out of the new



Frazey Ford: "If I'm designing a pair of pants, no one cares."

world if you can't lend a hand".

"Yeah, the generation I'm speaking about is my [19-year old] son's generation talking to those before them. It's ironic the Boomer generation feel they've made all these changes yet are sitting on their laurels. They could really be effective now when they have all this capital and privilege.

"That's very frustrating to my son's generation, [the Boomers'] narcissism about everything they've accomplished but they won't take their retirement investment out of oil companies.

"Okay. That's a big mouthful," she says with another laugh, "but 'c'mon, Boomers, go for it if you care about your grandkids'. With all that privilege and power, you could actually do something."

Although a wealth of internal and social material is available, Ford says songwriting hasn't become any easier over time: "I always feel like a beginner, and I think that's how it's supposed to be. It always feels incredibly challenging."

She considers her creative career in terms of people like Mitchell, who would put aside music to paint for a while.

"You can't just keep putting things out in songwriting where you are digesting big pieces of your life.

"It doesn't come from nowhere and I can't just can't keep doing that."

So, there's no home studio on Gabriola?

"Oh, no, I'm the least gear-head musician ever I don't care about that at all."

But a pottery room? There is one of those. ■

Frazey Ford and band tour dates: San Fran, Wellington, October 12; Dunedin Arts Festival (Knox Church) October 13; Hawke's Bay Arts Festival (Toitoti/Hawke's Bay Arts and Events Centre, Hastings) October 14; Tuning Fork, Auckland, October 15.



Lou Reed: "copyright tape" is part Pete Seeger-esque, part proto-Velvet Underground.

Underground dig

When Lou Reed first put his own stamp on his songwriting.

WORDS AND MUSIC, MAY 1965, by Lou Reed

Anyone who's heard the audition tape the Beatles did for Decca Records on January 1, 1962, isn't surprised the label's Dick Rowe turned them down.

The ramshackle selection of covers and a few originals didn't suggest a band with promise.

Juvenilia or songs recorded before artists hit their stride are usually of historical rather than musical interest. That, with a few exceptions, is the case with this collection from Lou Reed's 1965 "copyright tape"

of raw acoustic recordings that to ensure ownership he mailed to himself and left unopened until it was discovered posthumously.

Among its songs are some that became Velvet Underground cornerstones. But here, too, is the peculiar *Men of Good Fortune* (an early version of the song that would appear on 1973's *Berlin* album), a woman's bleak Appalachian ballad

with wheezy harmonica and Reed sounding like he's auditioning for Pete Seeger. Bob Dylan's shadow is cast long: on the expanded vinyl version Reed covers *Don't Think Twice It's Alright* and it's hard to get excited about the comedic, sub-Dylan *Buttercup Song* and *Walk Alone*, or throwaways such as *Too Late*, either.

But Reed had something else

in his armoury, as heard on the demos of *I'm Waiting for the Man* and *Heroin*, which would be transformed – with some lyrical adjustments – into more dramatic

interpretations for the Velvet Underground debut album (with singer Nico).

This was dark, literary and gritty realism transported from film-noir and cheap crime novels into popular music. Most of the elements of *Heroin* are in place, although *Waiting for the Man*, in two versions with John Cale, is delivered as an Everly Brothers-like jaunt, with Cale

answering, "Hey white boy, what you doin' uptown?" like some English aristocratic fop: "Oh, pardon me, sir. Nothing could be further from my mind..."

Here, too, is *Pale Blue Eyes*, recorded by Velvet Underground four years later, in its nascent state as a colder and more bitter break-up song.

Reed was capable of a languid, melancholy beauty, evident on the funereal, minimalist eight minutes of *Wrap Your Troubles in Dreams* speak-sung by Cale. It later appeared on Nico's debut *Chelsea Girls*.

Aside from the R'n'B pop of *Buzz Buzz Buzz* and *Stockpile*, these demos are startlingly different from other Reed pre-Velvets doo-wop and pop songs available. When he's serious, we hear Reed in the transition from journeyman songwriter to the mature artist of two years later.

As with most collections of early demos, however, *Words and Music, May 1965* will be of most interest to dedicated Reed and Velvet Underground camp followers. ■

Words and Music, May 1965 is now available digitally, with CD and LP versions to be released in mid-October.

TV PREVIEW



On the ball

How coverage of the delayed RWC is being split between Spark and Three. **by RUSSELL BROWN**

It's been a long road to the women's Rugby World Cup. New Zealand's first turn at the tournament was postponed because of the pandemic last year – and along the way, it officially lost the “Women's” part to simply be Rugby World Cup 2021, played in 2022.

For Spark Sport, which confirmed New Zealand broadcast rights in 2018, at the same time it got the men's tournament, it's been longer yet. Spark Sport was essentially created to deliver the men's RWC, and the experience in 2019 was something of a baptism of fire. Spark Sport chief Jeff Latch says the company has learnt a lot since.

“We've learnt the benefits of hardening your systems by actually running for a far longer period – and I guess we now completely understand what that means, and that you need to go through a bit of a development process,” says Latch. “We've now done thousands of live events. That's what we've done over the past three years.”

There's one big difference this time. Spark Sport's free-to-air partner in 2019 was TVNZ, but this time it's Warner Brothers Discovery, which will carry eight of the 26 games. Both semi-finals and the final will go out live on Three, with delayed coverage of two quarter-final matches

and all three of the Black Ferns' pool matches against Australia, Wales, and Scotland respectively.

Spark Sport trouser Scotty Stevenson teams up with Three's Bernadine Oliver-Kerby to lead the coverage, which will also feature Newshub's Narelle Sindos and commentary from Rikki Swannell and Honey Hireme-Smiller. Kristina Sue, who helped call the 2019 tournament and has been a regular voice in Farah Palmer Cup coverage, also comes in. But New Zealand viewers may be less familiar with Sene Naoupu, a genuine

star of the global women's game.

“We just can't believe that we're able to get her as part of the team. She's played for Leinster and Otago, captained Ireland, racked up 48 caps and has this incredibly rich background in rugby in New Zealand and Europe. So, she can provide expert knowledge on all of the tournaments, European teams and their talent. We think that's going to be invaluable in our coverage.”

Spark's job now, Latch agrees, is to get New Zealanders excited about the event. The schedule in the early

Black Ferns pool games

NZ v Australia Eden Park, Saturday, October 8, 6.45pm (screening on Three, 8.30pm)

NZ v Wales, Waitākere Stadium, Sunday, October 16, 3.15pm

NZ v Scotland, Northland Events Centre, Whangarei, Saturday, October 22, 4.45pm

Final stages

Quarter-finals, Saturday, October 29, and Sunday, October 30

Semi-finals, Saturday, November 5

Final, Saturday, November 12

The Black Ferns: hopes are high.

rounds, with triple-headers at each ground, including the opening day at Eden Park on October 8, when New Zealand plays Australia, will help foster a festival atmosphere.

“To bring some of that entertainment to the piece, we’ve deliberately chosen to host live from the ground, not from a studio back at the main office,” says Latch. “I think the three matches all playing back-to-back does make it more of a festival. And we’re going to be taking the live coverage from half an hour before the first game all the way through

“To bring some of that entertainment to the piece, we’ve deliberately chosen to host live from the ground.”

to half an hour past the game each day. We’ll have Brodie Kane and Urzila Carlson as roving reporters to showcase the fans. So, we think it’s going to be terrific viewing for the New Zealand public. We think they’re going to really enjoy it.”

We’ll enjoy it all the more, of course, if the Black Ferns win – and there’s no doubt the year’s delay has helped their prospects. On their European tour late last year, starved of game time, they were thrashed by their two main rivals, France and England. Those two are still the teams to beat, but with a few more games under the Black Ferns’ belts and the arrival of coaching gods Wayne Smith and Sir Graham Henry, Rugby World Cup 2021 could just be a very good time for New Zealand. ■



Peacock, Sunday.

TELEVISION

Our Picks of the Week

SATURDAY OCTOBER 8

WILD HEROES

Real keepers

Screening: *Three*, 7.00pm

Streaming: *ThreeNow*

This nine-part series follows the work of Auckland Zoo’s professionals as they rescue, rehabilitate and protect endangered animals both within the zoo and out in the wild. The episodes include field trips to the Poor Knights, the bird sanctuary islands of Auckland’s Hauraki Gulf, and the West Coast of the South Island. The local fauna featured include insects, lizards, frogs and birds, such as kiwi, kea and kākāpō, while back at the zoo, the keepers and veterinary staff are busy with the births of an orangutan, giraffe and white rhinoceros.

STATE OF THE UNION 2

New couple, new problems

Screening: *Rialto*, 8.30pm

Writer Nick Hornby and director Stephen Frears are

back for a second season of *State of the Union*, but the show takes its leave of the first season’s troubled couple, Londoners Louise and Tom, and introduces a new pair. Ellen (Patricia Clarkson, *House of Cards*) and Scott (Brendan Gleeson, *The Comey Rule*) have their weekly pre-marriage-counselling arguments, which are what the show is about, at a hipster coffee shop in Connecticut. She’s an earnest liberal and he’s conservative, oblivious and likes films about Winston Churchill (Gleeson having starred as Churchill in *Into the Storm*).

SUNDAY OCTOBER 9

PEACOCK

Personal crisis at the gym

Streaming: *TVNZ+*

From the creators of the British cult-hit pirate radio mockumentary *People Just Do Nothing*, *Peacock* is the story of Andy Peacock (Allan Mustafa), a 36-year-old personal trainer

who suddenly twigs that he’s not the sexy beast he thought he was – and resolves, after a traumatic magic-mushroom trip, to do something about it. But his bid to revamp his life and make himself relevant again doesn’t go smoothly, because he’s still a man-child deep down. “Mustafa’s comic instincts are unerring, giving Andy all the necessary desperation and just a smidgeon of threat,” wrote the *Guardian*’s reviewer. Also stars Thomas Gray (*Juliet*), Sophia Di Martino (*Loki*), Callie Cooke (*Cheaters*) and Susan Wokoma (*Enola Holmes*).

MONDAY OCTOBER 10

LET THE RIGHT ONE IN

The daughter is a vampire

Streaming: *Neon*

Screening: *SoHo* from October 29, 9.30pm

Swedish writer John Ajvide Lindqvist’s novel *Let the Right One In*, which tells the story of the relationship between a 12-year-old boy and a centuries-old vampire child, has been made into two feature films and a stage play – and now, a TV series whose spotlight is on a father



FBOY Island NZ,
Wednesday.

◀ (Mexican screen star Demián Bichir) whose mission is to secure enough human blood to sustain his daughter, who was turned into a vampire a decade before – making her eternally 12 years old. Ultimately what he’s searching for is a cure, but does it exist?

TUESDAY OCTOBER 11

DOCUMENTARY NZ: BEYOND CONVERSION

The hard road to a milestone

Screening: TVNZ 1, 8.45pm

Streaming: TVNZ+

The Conversion Practices Prohibition Legislation Act

gained royal assent earlier this year, after a third reading in which only seven MPs voted against the bill becoming law. But the huge margin in Parliament was only part of the story. There were 107,000 submissions on the bill, the most ever attracted by a piece of legislation in New Zealand. The progress of the bill provides the narrative of this documentary, which tells the stories of gay and transgender people affected by such “therapy”, via interviews and their own select committee submissions. It also looks at

the history of our laws and beliefs about sexuality and a discussion about the meaning of the ban.

WEDNESDAY OCTOBER 12

ANT & DEC’S LIMITLESS WIN

A game show with an infinite prize

Screening: TVNZ 1, 7.30pm

Streaming: TVNZ+

Perennial British hosting duo Ant and Dec front what the *Daily Telegraph* describes as “the most viscerally thrilling big-money game show since *Who Wants to Be a Millionaire?*” The format is familiar enough – it is, indeed, basically *Who Wants to Be a Millionaire?* with tweaks, most obviously that every answer is a number – but the point of difference, as the name suggests, is that there’s no limit on how many jackpots contestants can win.

FBOY ISLAND NZ

Island life, of a kind

Screening: TVNZ 2, 9.30pm

Streaming: TVNZ+

The dial is turned further yet on the premise of the reality dating show. In this New

Zealand version of the HBO Max original, three single women are joined in Rarotonga by 20 men, half of whom are good guys looking for love and half are “F-Boys”, who just want sex. Shavaughn Ruakere, who does have a good sense of humour, hosts the whole circus. The format was devised by Elan Gale, who produced *The Bachelor*, *The Bachelorette*, *Bachelor Pad* and *Bachelor in Paradise*. That sound you hear in the distance is civilisation collapsing.

AVENUE 5

The space cruise continues

Streaming: Neon

Screening: SoHo from October 31, 8.00pm

It’s been two years since we last saw fake space captain Ryan Clark (Hugh Laurie) trying unsuccessfully to calm the passengers of the interplanetary cruise ship Avenue 5 after it was thrown off course by a technical malfunction. This second season of the arch Armando Iannucci-penned comedy picks up five months after the events of the first

The Graham Norton Show, Thursday.



– and, as you might expect, things aren't getting better. Will they all starve before the ship plunges into a blazing sun?

THURSDAY OCTOBER 13

THE GRAHAM NORTON SHOW

Back for a chat

Screening: *Three*, 8.30pm

Streaming: *ThreeNow*

Graham Norton might have made his case as a writer in recent years – his fourth book, *Forever Home*, is being warmly reviewed right now – but he's still there for a chat on the telly. In this season opener, he's joined by Rami Malek, who's promoting his new murder-mystery film, *Amsterdam*. Jamie Lee Curtis joins them to talk about the final film of the *Halloween* reboot trilogy, *Halloween Ends*, and Robbie Williams pops in to perform his new single, *Lost*.

A QUESTION OF JUSTICE

The big issues of crime and punishment

Screening: *Prime*, 8.30pm

Bryan Bruce returns with another weighty documentary series. This time he's teamed up with the award-winning reporting team from *Te Ao with Moana* – Moana Maniapoto, Hikurangi Jackson and Ximena Smith – to explore key questions about our justice system. Each begins with a case study of a homicide to highlight a fundamental question of law. First up, it's a look at the rights of victims and their families. The next episodes look at the overrepresentation of Māori in the criminal justice system, the case (or not) for degrees of murder and the question of laws on hate. The team approach may steer Bruce away from a past tendency to polemic – and he admits the first episode challenged his own beliefs about open justice. ■



12 Strong,
Saturday.

TV Films by RUSSELL BAILLIE

The big movies on TV this week

SATURDAY OCTOBER 8

THE LORD OF THE RINGS: THE TWO TOWERS

"There's some good in this world, Mr Frodo ... and it's worth fighting for."

TVNZ 2, 7.00pm

The middle film in the trilogy picked up the pace from *The Fellowship of the Ring*, unveiled Gollum and his furball voice in all his motion-capture glory and gave us the Battle of Helm's Deep, one of the most memorable action sequences in the franchise. (2002) ★★★★★

21 BRIDGES

Mildly arresting

Eden, 8.30pm

The late Chadwick Boseman makes a decent Dirty Harry as a rule-bending NYPD detective who shuts down all the bridges in and out of Manhattan to catch two cop killers, but this is

an otherwise middling crime thriller. (2019) ★★★

TED

Druggy bear

TVNZ 2, 10.20pm

Family Guy creator Seth MacFarlane's movie career peaked early with this, his feature-directing and starring debut in which he played the titular talking teddy bear. After coming to life via a magic wish by his kid owner, Ted and John (Mark Wahlberg) are still together 30 years later in a state of stoned, extended adolescence, with John's girlfriend (Mila Kunis) growing fed up with his furry flatmate. Of the many man-child comedies of its era, it's one of the funnier ones. (2012) ★★★★★

12 STRONG

TVNZ 1, 10.30pm

Sending in the cavalry

War on Terror action film based on the first US special forces team sent into Afghanistan after the 9/11 attacks. The team did their fighting on horseback while embedding themselves with local anti-Taliban factions in an effort to capture the northern town of Mazar-i-Sharif. Based on the book *Horse Soldiers* by Doug Stanton and starring Chris Hemsworth as the squad captain, it starts off as a story of an unconventional mission but which as a movie reverts to formula. (2018) ★★★

DJANGO UNCHAINED

Southern discomfort

Three, 10.45pm

Quentin Tarantino's Spaghetti western-inspired revenge fantasy in which slave Django (Jamie Foxx) partners with bounty hunter Dr King Schultz (Christoph Waltz) to free his wife from the ownership of sadistic plantation owner Leonardo DiCaprio. It was one of the director's most successful films, but it's not one of his best. (2012) ★★★★★ ▶



Moonfall, Sunday.

SUNDAY OCTOBER 9

THE BOURNE IDENTITY

Rewriting the book on screen
spycraft

TVNZ 2, 7.30pm

Matt Damon's great first outing as Robert Ludlum's amnesiac agent and man-on-the-run Jason Bourne set the bar for what was a terrific original trilogy and became something of a game-changer for action flicks. (2002)

★★★★

TOP GUN

Three, 8.30pm

"I feel the need, the need for speed."

Without a doubt, after all these years, this remains the second-best film in the *Top Gun* franchise. (1986)

★★★

EVERYTHING MUST GO

A sobering tale

Whakaata Māori, 8.30pm

Will Ferrell excels in a rare straight role in this bittersweet mid-life crisis indie drama adapted from a Raymond Carver story. Ferrell plays Nick, who is fired from his sales job for his drinking and kicked out of his suburban Arizona house by his wife, and decides to live

on his front lawn while selling his stuff, drinking beer, and getting to know his neighbours. (2011)

★★★★

MOONFALL

More planet-killing lunacy

Sky Movies Premiere, 8.30pm;

Neon

Its title might suggest a James Bond mash-up, but it's actually one of those sci-fi global disaster flicks, this one brought on by aliens taking over the moon and knocking it off its orbit, causing some bother on terra firma with our only hope being a NASA rescue squad that includes Halle Berry and Patrick Wilson. Of course, it's directed by Roland Emmerich, for whom the end is always nigh. If you've enjoyed his particular brand of apocalyptic-cheese in the past, this one is right up there. (2022)

★★★

DARK LIES THE ISLAND

County Fargo

Rialto, 8.30pm

Grim, scabrous Irish dramedy of smalltown family feuding and sexual jealousy written by Kevin Barry, based on two of his short story collections. Yes, its story of the sinister,

domineering Daddy Mannion, his much younger wife Sara and his oddball adult sons might suggest something Coen Brothers-esque, but it's a bit of a mess. (2019)

★★★

MONDAY OCTOBER 10

NIGHT OF THE KINGS

Spinning a yarn

Rialto, 8.30pm

Captivating magical realist drama from the Ivory Coast about a young pickpocket sent to a remote prison ruled by its inmates where he is ordered by the boss to tell a story to his fellow prisoners that lasts all night. His account of the life of a slain gang leader becomes its own grandly operatic mystical fable in a film that's a colourful collision of oral tradition and the energetic style of Ivorian director Philippe Lacôte. (2021)

★★★★★

FRIDAY OCTOBER 14

HUNTER KILLER

Lacks depth

Three, 7.30pm

Submarine thriller starring Gerard Butler as a US Navy captain on a mission to rescue the Russian president from a coup that may spark off World

War III. The likes of *Crimson Tide* did it better, but fans of the, ah, sub-genre and its clichés will find plenty that keeps them amused. (2018)

★★★

RED ROCKET

Despicable me

Sky Movies Premiere, 8.30pm;

Neon

After *Tangerine* and *The Florida Project*, celebrated indie director Sean Baker adds another disarmingly great film about those dwelling on America's margins. In this case, it's the story of the awful but oddly compelling Mikey Saber (Simon Rex), a washed-up porn star who has returned from California to Texas City, the coastal oil town he swore he would never go back to – and whose residents hoped he'd keep his promise. It's a little leisurely and episodic, and when the manic, scheming Saber takes up with a freckled 17-year-old named Strawberry, it just adds to what a reprobate he is. But Rex's performance makes him riveting. (2021)

★★★★★

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Te Karere** (R, HD)
6.30 **Country Calendar** (G, R, C, AD) A retired couple have taken a punt growing truffles on their Te Puke block.
7.00 **Rural Delivery** (G, R, HD, C) Cricket farming as an alternative to meat-based protein, and a bakery using ingredients such as hemp and purple corn.
7.30 **Infomercials**
8.30 **Religious Programming**
9.00 **Extreme Cake Makers** (G, R, HD, C)
9.30 **Tagata Pasifika** (HD)
10.00 **Ready Steady Cook** (G, R, HD, C)
11.00 **Winning Combination** (G, R, HD, C, AD) Omid Djalili presents a UK quiz show.
Noon **Call the Midwife** (PG, R, HD, C, AD) It's July 1966, and Britain is in the grip of World Cup fever, and new pupil midwife Nancy makes quite an impact. s10ep4
1.20 **Movin' to the Country** (PG, HD, C)
1.55 **The Casketeers** (PG, R, HD, C, AD)
2.25 **10 Years Younger in 10 Days** (PG, R, HD, C, AD) Cherry Healey presents a UK makeover series.
3.25 **Clean It, Fix It** (G, HD, C) A team of cleaners and DIY experts have just one day to help a household reclaim their space.
4.25 **Secret Spenders** (G, HD, C, AD) UK series in which families get expert financial advice. Today, mum of two Rohini desperately wants to know why the family's bank account is empty. s1ep1
5.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (HD, C)
7.00 **T20 International Tri-Series Live** (HD, C) Black Caps v Pakistan, live from Hagley Oval, Christchurch (includes Lotto at 8.00pm).
10.30 **12 Strong** (2018, 16, R, HD, C, AD) Based on the story of US Army Special Forces sent to Afghanistan immediately after the September 11 attacks. Chris Hemsworth, Michael Shannon, Michael Peña, Navid Negahban. **TV Films, page 69**
1.05am **Burden of Truth** (PG, HD, C, AD) Joanna and Billy are blindsided when their injunction against the mine is overturned. s4ep5
1.55 **Vigil** (16, R, HD, C, AD) Vigil's crew must identify the traitor or risk tragedy. s1ep6
2.55 **Nashville** (PG, HD, C) the s6ep11
4.00 **Infomercials**
5.30 - 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Emma!** (G, R, HD, C, AD)
6.10 **Not Too Late Show** (G, R, HD, C) s1ep6
6.25 **Julius Jr.** (G, R, HD, C)
6.45 **Spidey and His Amazing Friends** (G, HD, C)
7.10 **Madagascar: A Little Wild** (G, HD, C)
7.35 **SpongeBob SquarePants** (G, R, HD, C)
8.00 **Moomin Valley** (G, HD, C)
8.20 **The Croods: Family Tree** (G, HD, C)
8.45 **Ninjago** (G, R, HD, C)
9.05 **Wilde Ride** (G, R, HD, C, AD)
9.30 **Mystic** (G, R, HD, C, AD) s1ep9
10.00 **Fresh** (PG, C) It's Fiji time on Know Your Roots and six remaining contestants turn up the heat to make Vakalolo.
10.30 **The Simpsons** (PG, R, HD, C, AD) s12ep7
11.00 **Have You Been Paying Attention?** (PG, R, C)
Noon **America's Got Talent Extreme** (G, HD, C)
1.50 **Mike & Molly** (PG, R, HD) s5ep15
2.15 **The Good Witch** (G, HD, C)
3.15 **Junior Bake Off** (G, HD, C)
4.15 **Celebrity Brain Busters** (G, C) Tik Tok's Uncle Jack, Jason Gunn, Niall Williams and Kimiora Poi compete.
5.10 **Nancy Drew** (PG, C) Nancy realises that George is possessed by Tiffany's spirit. s1ep5
6.00 **The Cube** (G, HD, C, AD) Phillip Schofield presents a UK game show in which contestants undertake physical and mental challenges in a giant clear cube.
7.00 **The Lord of the Rings: The Two Towers** (2002, PG, R, HD, C, AD) While Frodo and Sam edge closer to Mordor with the help of the shifty Gollum, the divided fellowship makes a stand against Sauron's new ally, Saruman. Elijah Wood, Sean Astin, Ian McKellen, Orlando Bloom, Liv Tyler, Cate Blanchett, Viggo Mortensen, David Wenham. **TV Films, page 69**
10.20 **Ted** (2012, 16, HD, C, AD) A man whose childhood wish of bringing his teddy bear to life came true must decide between the bear or his girlfriend. Mark Wahlberg, Mila Kunis, voice of Seth MacFarlane. **TV Films, page 69**
12.20am **Den of Thieves** (2018, 16, R, HD, C, AD) Gerard Butler.
2.40 **I, Tonya** (2017, 16, R, HD, C, AD) Margot Robbie.
4.40 **Fresh** (PG, R, C)
5.00 **Infomercials**
5.30 - 6.00 **Religious Programming**

THREE FREEVIEW 3 SKY 003

6.00 **Charles Stanley**
6.30 **Infomercials**
9.30 **Newshub Nation** With Simon Shepherd and Rebecca Wright.
10.30 **Celebrity Family Feud** (PG, R, C) s4ep11
11.30 **Grand Designs NZ** (PG, R, C)
12.30 **The Block NZ: Redemption Marathon** (PG, R, C)
3.30 **The Masked Singer NZ** (PG, R, C)
5.00 **Family Game Night** (G, C)
6.00 **Newshub Live**
7.00 **Wild Heroes** (G, C) Local series following staff at Auckland Zoo. Tonight, the primate team prepare to welcome a new birth.
8.00 **2021 Rugby World Cup: Black Ferns v Australia Pre-match** Bernadine Oliver-Kerby and Scotty Stevenson count down to kick-off in the first pool match for the Black Ferns at Eden Park.
8.30 **2021 Rugby World Cup: Black Ferns v Australia** Rikki Swannell, Melodie Robinson and Karl Te Nana present coverage of the Black Ferns' first pool match.
10.15 **2021 Rugby World Cup: Black Ferns v Australia Post-match** With Bernadine Oliver-Kerby and Scotty Stevenson.
10.45 **Django Unchained** (2012, 16, R, C) Jamie Foxx, Christopher Waltz, Samuel L Jackson. **TV Films, page 69**
1.50am **Infomercials**
5.00 **Leading the Way**
5.30 - 6.00 **Charles Stanley**

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (C)
10.00 **SmackDown** (PG, R)
11.00 **RAW** (PG, R)
Noon **Carol's Second Act** (PG, R, C)
12.30 **Judge Judy** (PG)
1.00 **The Crowd Goes Wild** (PG, R)
2.30 **Heartland Championship Live** Whanganui v Mid Canterbury, live from Cooks Gardens, Whanganui.
4.30 **Once a Warrior with Monty Betham** (G)
5.00 **Dream Home Dilemma** (G, R, C)
5.30 **Prime News**
6.00 **American Pickers** (PG, R)
7.00 **NPC Quarter-final Live** Quarter-final 2.
9.00 **The Black Ferns: Wāhine Toa** (PG, R, C) Documentary about the Māori and Pasifika players in the Black Ferns.
10.00 **Midsomer Murders** (M, R, C) A Midsomer Mummies rehearsal takes a turn for the worse.
12.00am **NXT** (PG)
1.00 - 6.00 **Infomercials**



Cricket: 2021 RUGBY WORLD CUP and T20 INTERNATIONAL TRI-SERIES LIVE

It's a big weekend for international sport at home: the Rugby World Cup begins with three games at Eden Park, culminating in the Black Ferns v Australia. Spark Sport has the games live, with delayed coverage on Three (see our story, page 66). Over on TVNZ 1, the Black Caps will be hoping this warm-up series with Bangladesh and Pakistan will give them some momentum for the upcoming ICC Men's T20 World Cup, which begins on October 16 in Australia. TVNZ 1 broadcasts today's and tomorrow's games, with the rest also on Spark Sport. **THREE, 8.00pm; TVNZ 1, 7.00pm; SPARK SPORT**



Film: LUCKIEST GIRL ALIVE

For something completely different, this film is adapted by writer Jessica Knoll from her 2015 novel about a woman with an apparently perfect life that crumbles under the weight of secrets from her school years. Mila Kunis, who has too often played the girlfriend, gets a chance to show what she's made of. **NETFLIX**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes**
9.30 Ōpaki (G, R)
10.30 Ako (G, R)
11.00 ASB Polyfest (G)
Noon Haka at Home (G, R)
1.00 Whakataukī (G, R)
1.30 Karanga: The First Voice (G, R)
2.00 Whaikōrero (PG, R)
2.30 Chatham Islanders (G, R)
3.00 Intrepid Journeys (PG, R)
4.00 Marae
5.00 Moosemeat and Marmalade (G, R)
5.30 School of Training (G, R)
6.00 Piri's Tiki Tour (PG, R) Piri Weepu meets divers, farmers and hunters.
6.30 He Aha to Say? (G, R) A series of interviews with the people of Ngāti Porou.
7.00 The Swan Princess: A Royal Family Tale (1998, PG) Odette and Derek adopt an orphaned youngster, but she is kidnapped by scullions. Voices of Laura Bailey, Yuri Lowenthal.
8.30 Capote (2005, M, R) Based on the story of Truman Capote as he wrote his groundbreaking book *Cold Blood*. Philip Seymour Hoffman, Catherine Keener, Clifton Collins Jr, Bob Balaban.
10.30 K'Rd Chronicles (PG, R)
10.50 - 11.20 The Walkers (PG, R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today**
7.00 DUKEbox Music
10.30 Extreme E: Electric Odyssey (PG)
11.00 Seven Worlds, One Planet (G, R, HD, C, AD)
12.05 The Crystal Maze (G, R, HD, C, AD)
1.55 Motorway Patrol (G, R, C)
2.45 River Monsters (PG, R, HD, C)
3.45 Xploration: Awesome Planet (G, R, HD)
4.10 Impossible Engineering (G, R, HD, C, AD)
5.05 The Big Bang Theory (PG, R, HD, C, AD) s5ep6
6.00 Rescue Cam (PG, R, HD)
6.30 Fish of the Day (G, HD, C) s1ep9
7.00 Family Guy (PG, R, HD, C, AD)
7.30 The Simpsons (PG, R, HD, C) s21ep4
8.30 The Russell Howard Hour (16) UK topical comedy.
9.10 8 Out of 10 Cats Does Countdown (16, R, HD, C)
10.15 Red Eye (2005, M, R, HD, C, AD) Rachel McAdams, Cillian Murphy.
11.55 - 1.35am Midnight, Texas (16, HD) s1ep7

Film: STATE OF THE UNION 2

Writer Nick Hornby, director Stephen Frears and actors Rosamund Pike and Chris O'Dowd all won Emmys for 2019's *State of the Union* (6.45pm); in the follow-up, Patricia Clarkson felt the Emmy love in May. The movies are funny if a little too talky, as they began life as 10-minute episodes. **RIALTO, 8.30pm**



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials**
10.00 A Place in the Sun: Winter Sun Marathon (G, R)
11.50 Catfish (PG, R)
12.40 Southern Charm (PG)
2.45 Love It or List It (G, R)
4.40 Stop Search Seize (PG, R)
5.40 Rich Listers NZ (PG, R) In Queenstown, Annabel and Holly clash with a local agent.
6.40 Undercover Boss (PG, R)
7.35 Tattoo Fixers (M, R) Sketch conceals a large portrait on biker Les, and Jay immortalises Ashley's best mate Georgia.
8.35 Lost in Translation (2003, M, R, C) A melancholy movie star and a neglected newlywed form an unlikely bond in Tokyo. Bill Murray, Scarlett Johansson.
10.45 Southern Charm (M)
11.35 Snapped: Killer Couples (M, R)
12.25am Infomercials 5.00 - 6.00
Top Chef (PG, R)

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials**
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.15 Jamie & Jimmy's Food Fight Club (PG, R)
9.10 Monument Mysteries (PG, R)
10.10 American Pickers (PG, R)
11.10 Flea Market Flip (G)
11.40 The Great Giveback with Melissa McCarthy (G, R)
12.40 All Together Now UK (G, R)
2.00 The Chase USA (PG, R)
3.00 Animal Cribbs (PG)
4.00 The Best Thing I Ever Ate (G)
5.00 Mysteries at the Monument (PG)
6.00 American Pickers (PG)
7.00 My Lottery Dream Home (G)
7.30 The 1% Club (PG)
8.30 21 Bridges (2019, 16) Chadwick Boseman.
TV Films, page 69
10.35 Forged in Fire (PG)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Wheeler Dealers** (PG, R)
6.50 Garage Squad (PG, R)
8.30 Head Rush (G, R)
9.20 Treehouse Masters (PG, R)
1.30 Inside West Coast Customs (PG, R)
2.20 Building Off the Grid: Spearfish Canyon (G, R)
3.10 Men, Women, Wild (PG, R)
4.00 100 Days Wild (PG, R)
4.50 Desert Car Kings (PG, R)
5.45 Garage Squad (PG)
6.40 Man vs. Wild (PG, R)
7.30 Treasure Quest: Snake Island (M) In a maze-like location riddled with caves, the team start unearthing priceless artefacts.
8.25 Bering Sea Gold (M) The self-proclaimed best dredger in Nome is quitting the fleet.
9.20 Gem Hunt (PG) Ron and his team of gem hunters travel to Myanmar.
10.15 Cops UK: Bodycam Squad (PG)
11.10 Garage Squad (PG, R)
12.00am Programmes continue

SKY PREMIERE

SKY 030

- 6.55 The Courier** (2020, M) Benedict Cumberbatch
8.45 Dream Horse (2021, PG) Toni Collette
10.40 The Conjuring 3: The Devil Made Me Do It (2021, 16) Patrick Wilson, Vera Farmiga
12.30 French Exit (2021, M) Michelle Pfeiffer
2.25 The Many Saints of Newark (2021, 16) Michael Gandolfini
4.25 The Hitman's Wife's Bodyguard (2021, 16) Ryan Reynolds, Samuel L Jackson
6.25 Judas & the Black Messiah (2021, 16) Based on the story of an FBI informant who infiltrated the Illinois Black Panther Party. Daniel Kaluuya, LaKeith Stanfield
8.30 Those Who Wish Me Dead (2021, 16) A survival expert and a teenage murder witness are pursued by two killers. Angelina Jolie, Finn Little
10.10 Jackass Forever (2022, 16) Johnny Knoxville
11.45 Spiral: From the Book of Saw (2021, 18) Chris Rock
1.20am Godzilla vs. Kong (2021, M)
3.10 2 Hearts (2020, M) **4.50 Lake Placid: Legacy** (2018, 16)

MOVIES CLASSICS

SKY 034

- 7.00 Made in America** (1993, PG) Whoopi Goldberg, Ted Danson
8.50 Wyatt Earp (1994, M) Kevin Costner, Dennis Quaid
11.55 The Towering Inferno (1974, PG) Steve McQueen, Paul Newman
2.35 The Age of Innocence (1993, G) Daniel Day-Lewis, Michelle Pfeiffer
4.50 Forever Young (1992, PG) Mel Gibson, Jamie Lee Curtis.
6.30 Murder in the First (1994, 18) Based on the story of a young lawyer who defended an Alcatraz prisoner accused of murdering a fellow inmate. Kevin Bacon, Christian Slater
8.30 The Fugitive (1993, M) After he is accused of murdering his wife, a doctor escapes custody to clear his name and find the real killer. Harrison Ford, Tommy Lee Jones
10.40 Drugstore Cowboy (1989, 16) A group of junkies rob pharmacies. Matt Dillon, Kelly Lynch
12.20am Sweet Smell of Success (1957, PG) **1.55 Paths of Glory** (1957, PG) **3.25 The Cardinal** (1963, M)

RIALTO

SKY 039

- 7.15 A Rainy Day in New York** (2019, M) Timothée Chalamet, Elle Fanning
8.50 Inheritance (2020, 16) Lily Collins, Simon Pegg
10.40 Nitram (2021, 16) Judy Davis
12.30 New Order (2020, 16) Naian Gonzalez Norvind
1.55 Collective (2019, 16) Romanian documentary.
3.45 Britt-Marie Was Here (2019, M) Pernilla August
5.20 Some Kind of Heaven (2020, M) US documentary.
6.45 State of the Union (2019, M) A couple meet in the pub before their weekly marital therapy session. Rosamund Pike, Chris O'Dowd
8.30 Rialto Selection: State of the Union 2 (2022, M) A middle-aged couple meet in a coffee shop before therapy sessions. Patricia Clarkson, Brendon Gleeson
10.15 Adult Material Marathon (18) UK series about a woman working in the adult film industry. s1ep1-4
1.45am Some Kind of Heaven (2020, M) **3.05 Britt-Marie Was Here** (2019, M) **4.40 Collective** (2019, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Private Eyes (M) s4ep9 **6.45** Jamestown (16) s3ep2 **7.30** Downton Abbey Omnibus (M) **12.05** Outlander (18) s1ep13&14 **2.25** Judge Judy Omnibus (PG) **4.30** Private Eyes (M) s4ep9 **5.25** Victorian Bakers (PG) Four modern bakers recreate the lives of their Victorian predecessors. s1ep1 **6.35** Monday Mornings (M) The surgeons begin to question the cognitive abilities of one of the hospital's elder statesmen. s1ep5 **7.30** Flowers & Honey (2021, PG) A florist from Los Angeles has her life upended when she inherits her beloved aunt's 50-acre ranch. Ashley Newbrough, Jamie Roy. **9.15** Harlots (16) Lydia draws Charlotte deeper into her web, and Lucy finds herself playing a dangerous game with Fallon. s2ep5 **10.20** The Closer Omnibus (M) **2.25am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep5 **6.25** QI Marathon (M) **8.00** Would I Lie to You? Marathon (PG) **9.40** The Bill Marathon (M) **1.45** Casualty (PG) **2.35** Holby City (M) s21ep24 **3.40** Call the Midwife (PG) s8ep6 **4.45** A Touch of Frost (M) s3ep3 **6.40** London Kills (PG) s3ep4 **7.35** Casualty (PG) s37ep7 **8.30** Midsomer Murders (PG) When a body is found covered in live rabbits, Barnaby and Winter investigate a sinister side to the local pet show. s19ep4 **10.15** 8 Out of 10 Cats Does Countdown (M) Sean Lock and Roisin Conaty take on guest captain Alan Carr and Joe Lycett. **11.10** Who Do You Think You Are? Australia (PG) Natalie Bassingthwaite says members of her maternal family always hold their cards close to their chest and she knows little of her family history. **12.10am** Programmes continue

SoHo SKY 010

6.30 Impeachment: American Crime Story (16) s3ep5 **7.30** American Gigolo (18) s1ep4 **8.25** Shameless (18) s11ep1 **9.20** A Discovery of Witches (M) s3ep4 **10.10** Yellowstone (16) s4ep6 **11.00** The Vow (18) s1ep3 **11.55** Ray Donovan Marathon (18) s7ep1-9 **7.30** Ray Donovan (18) s7ep10 **8.30** Deceit (18) As Colin Stagg sits in prison awaiting trial, another horrific attack occurs with clear similarities to the previous murder. s1ep4 **9.30** Animal Kingdom (16) Pope is sent to solitary confinement, Deran gets a visit from an old friend, and Julia confronts Baz. s6ep11 **10.30** The Outsider (16) Jack Hoskins returns to work after an unexpected tragedy throws Ralph's investigation into a tailspin, and Glory's daughter claims a strange man visited her room at night. s1ep2 **11.30** Industry (16) s2ep5 **12.30am** Programmes continue

Living SKY 017

6.15 Grand Designs House of the Year (PG) **7.05** Turn on the Dark (PG) **7.50** Halloween Wars (PG) **8.50** Salvage Hunters: Best Buys Marathon (PG) **11.15** Salvage Hunters (PG) **12.10** Grand Designs New Zealand (PG) **1.05** Paramedics on Scene (PG) **2.00** Halloween Baking Championship Marathon (PG) **6.35** Outrageous Pumpkins (PG) **7.30** Penelope Keith's Hidden Villages (PG) In the Cotswolds, Penelope visits Bibury, and meets writer Jilly Cooper, takes in the home of William Morris, and attends the village fete in Ebrington. **8.30** Gardening Australia (PG) **9.30** The Great Garden Revolution (PG) Joel Bird, Poppy Okotcha and Bruce Kenneth transform outdoor garden spaces. **10.40** The Great British Dig (PG) **11.30** Halloween Baking Championship Marathon (PG) **3.40am** Programmes continue

Investigation Discovery SKY 018

6.05 Who the (Bleep) Did I Marry? Marathon (M) **7.45** Murder in the Heartland (M) **8.35** Undercover Underage (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** OJ and Nicole: An American Tragedy (M) **2.00**

The Serial Killer Among Us: (M) **3.50** The Atlanta Child Murders Marathon (M) **6.35** Where Murder Lies (M) **7.30** Evil Lives Here (M) **8.30** Onision: In Real Life (M) **9.30** House of Hammer Marathon (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Portrait Artist of the Year **8.00** The New Bauhaus (2019, G) **9.30** Immersive World **10.00** Jack Lemmon: A True Trooper **11.00** Put Some Colour in Your Life **Noon** Wonderland **1.00** Master Class **1.30** Restitution? Africa's Fight for Its Art **2.30** Portrait Artist of the Year **4.00** Speakeasy: Nile Rodgers & Valerie Simpson **5.00** Speakeasy: Roger Waters & Bill Weir **5.55** Fill the Frame **7.00** Parklife **8.30** Decanted. (2016, G) Documentary about the Napa Valley wine growing region. **10.00** Omecitta: A Japanese Tribute to Cinema **11.10** T.S. Eliot: The Search for Happiness **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Dirty Jobs (PG) **7.45** Demolition Down Under Marathon (PG) **12.10** Dirty Jobs (PG) **1.05** Deadliest Catch (M) **2.00** Gold Rush the Dirt: The Hoffman Story (M) **2.55** Aussie Gold Hunters (PG) **3.50** Outback Opal Hunters Marathon (PG) **6.35** Dual Survival (M) **7.30** Building Off the Grid (PG) **8.30** Railroad Alaska (PG) **9.30** Moonshiners (M) **10.30** Blowing Up History (PG) **11.25** Mysteries at the Museum Special: (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Gordon Ramsay: Uncharted (PG) **8.30** César Millan: Better Human, Better Dog (PG) **10.30** First Alaskans (PG) **11.30** Do or Die (PG) **Noon** Edge of the Unknown (PG) **12.30** Last of the Giants: Wild Fish (PG) **1.30** Aussie Snake Wranglers (PG) **2.00** Outback Wrangler (PG) **2.30** Narco Wars: Chasing the Dragon (16) **3.30** WW2 Hell Under the Sea (PG) **4.30** Hitler's Last Stand (M) **5.30** Air Crash Investigation (M) **7.30** Food Factory Marathon (PG) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Last of the Giants: Wild Fish (PG) **12.30am** Programmes continue

History SKY 073

6.30 Inside Hitler's Bunker (PG) **7.30** The Unexplained (PG) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Time Team **11.30** WWII: Witness to War (M) **12.30** Ten Mistakes (PG) **1.30** Inside Hitler's Bunker (PG) **2.30** The Unexplained (PG) **3.30** Hitler's Last Secrets (M) **4.30** Abandoned Engineering (PG) **5.30** WW2 Treasure Hunters (PG) **7.30** Mystery of the Celtic Tomb (PG) The answers to the origins and identity of the Celts lie deep inside mountains and in ancient tombs. **8.30** Secret Nazi Expeditions (PG) Convinced that Atlantis could be found, the Nazis instigated a series of archaeological expeditions. **9.30** Coliseum: Rome's Arena of Death (M) The story of Verus, a gladiator who fought at the Coliseum in Rome. **10.30** Egypt (PG) **11.30** Aussie Inventions That Changed the World (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero Marathon (M) **8.30** 24 Hours in A&E (M) **10.10** Universe (PG) **12.05** Attenborough's Natural Curiosities (PG) **12.30** Wild New Zealand (PG) **2.20** Spy in the Snow (PG) **3.20** Spy in the Wild II (PG) **4.25** Africa with Ade Adepitan (PG) **5.30** The Dog Rescuers with Alan Davies (PG) **6.20** The Octopus in My House (PG) **7.20** Spy in the Snow (PG) Animatronic spies reveal how living in the snow tests animals to the limit. **8.30** Animal Babies (PG) In the first three months, animal babies rapidly get to grips with their families. **9.25** Life Below Zero (M) **10.20** The Truth About Better Mental Health (PG) **11.15** Africa with Ade Adepitan (PG) **12.15am** Programmes continue



Vibe: Victorian Bakers, 5.25pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Mainfreight Rugby **7.00** West Indies Women v White Ferns, T20 **7.15** National Provincial Championship, quarter-final 1 **7.35** Gallagher Premiership, Bristol Bears v Exeter Chiefs, **live** **9.45** NPC, quarter-final 1 **10.00** Winter Games Highlights **11.30** NPC, quarter-final 1, replay **1.25** National Provincial Championship, highlights **2.00** National Provincial Championship, quarter-final 2, **live** **4.00** National Provincial Championship, highlights **4.30** National Provincial Championship, quarter-final 3, **live** **6.30** NBL, NZ Breakers v Tasmania JackJumpers, highlights **7.00** National Provincial Championship, quarter-final 2, replay **9.10** ITU World Triathlon, Cagliari Women's, **live** **11.35** Heartland Championship, Whanganui v Mid Canterbury, replay **1.25am** ITU World Triathlon, Cagliari Men's, **live** **3.50** NBL, NZ Breakers v Tasmania JackJumpers, highlights **4.20** West Indies v White Ferns, 5th T20 **4.40** NPC, quarter-final 2, highlights

Sky Sport 2 SKY 052

6.00 PGA Tour, highlights **6.30** ATP Uncovered **7.00** World Grand Prix Darts, day 5, from Morningside Arena, Leicester, **live** **11.00** UFC on Sky **11.30** ATP 500, Astana Open, day 5, match of the day **1.00** ATP 500, Astana Open, day 5, highlights **2.00** ATP Uncovered **2.30** Heartland Championship, Whanganui v Mid Canterbury, from Cooks Garden, Whanganui, **live** **4.30** UFC on Sky **5.00** ATP 500, Japan Open, day 5, highlights **6.00** ATP 500, Japan Open, day 6, from Ariake Coliseum, Tokyo, **live** **10.00** World Grand Prix Darts, day 5, replay **2.20am** UFC on Sky **2.50** Premier League, Chelsea v Wolverhampton, from Stamford Bridge, Fulham, **live** **5.00** NBL, NZ Breakers v Tasmania JackJumpers, highlights **5.30** ATP Uncovered

Sky Sport 3 SKY 053

6.00 Australia v West Indies, 1st T20, replay **10.00** Australia v West Indies, 2nd T20, replay **2.00** West Indies Women v White Ferns, 4th T20 **2.30** West Indies Women v White Ferns, 5th T20, replay **6.00** India v South Africa, 1st ODI **6.30** Australia v West Indies, 1st T20 **7.00** Australia v West Indies, 2nd T20 **7.30** Caribbean Premier League, Final **8.10** DTM Championship, round 8, qualifying 1, **live** **8.45** DTM Championship, round 7, highlights **9.45** Australia v West Indies, 1st T20 **10.15** Australia v West Indies, 2nd T20 **10.45** India v South Africa, 1st ODI **11.15** DTM Championship, round 8, race 1, **live** **1.00am** West Indies Women v White Ferns, 2nd T20 **1.30** West Indies Women v White Ferns, 3rd T20 **2.00** West Indies Women v White Ferns, 4th T20 **2.25** West Indies Women v White Ferns, 5th T20 **2.50** Premier League, Manchester City v Southampton, **live** **5.00** Australia v West Indies, 2nd T20, replay



Adventure: **BLOOD & TREASURE**

Sometimes amid all the prestige drama on the too-numerous streaming services, decent US network shows can be overlooked (*Evil*, for example). Here's one described as "hours of fun" by *Entertainment Weekly*, a treasure hunt about an antiquities expert (Matt Barr) and a thief (Sofia Pernas) who have Indiana Jones-style adventures all around the world. In season one, they were "searching for the sarcophagi of Antony and Cleopatra in order to stop a ruthless terrorist" (what?); in season two, which starts today, they're looking for the Spirit Banner of Genghis Khan, apparently. Bonus fun: the locations are real, not stand-ins or sets.

SKY 5, 9.30pm



Reality: **THE BLOCK NZ: REDEMPTION AUCTION**

The four couples who put themselves through renovating a property on camera and under time pressure a second time deserve a medal, but only one pair will get the prize in tonight's auction. Then the good people of Orewa can be left in peace.

THREE, 7.00pm

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Attitude** (G, R, C, AD)
- 6.25 **Paddington Station 24/7 Back on the Tracks** (G, R, HD, C)
- 7.15 **Tagata Pasifika** (R, HD)
- 7.40 **Praise Be** (G, R, HD, C)
Chris Nichol presents a programme of hymns and songs of praise.
- 8.10 **Susan Calman's Grand Day Out** (G, R, HD, C, AD)
- 9.00 **Q+A with Jack Tame** (HD, C) Political interviews and discussions.
- 10.00 **Waka Huia** (G, R, HD) Māori stories and histories for all New Zealanders.
- 10.30 **Marae** (HD) Stories from te ao Māori.
- 11.00 **The Great British Sewing Bee** (G, R, HD, C, AD)
Joe Lycett hosts a sewing competition series. Today, in the semi-final, the remaining sewers go to the movies. s6ep9
- Noon **Attitude** (G, HD, C, AD)
Tetraplegic Kiranjit Singh is competing to qualify for the 2024 Paralympics in Para-sport shooting.
- 12.30 **Fair Go** (R, C) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
- 1.00 **Sunday** (R, C) Miriama Kamo presents current affairs.
- 2.00 **Waterhole: Africa's Animal Oasis** (G, HD, C, AD) Nature series following animals at the world's first purpose-built waterhole in the Mwiba Wildlife Reserve in Tanzania.
- 3.20 **South Seas Spearo** (PG, HD, C) In the Deep South, the team depart Bluff to dive in the pristine waters of Rakiura. s3ep2
- 4.30 **Fishing and Adventure** (PG, C) The guys head to the Wairarapa coast for an adventure on the shore and in the boat.
- 5.00 **The Chase** (G, R, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1 News** (HD, C)
- 7.00 **T20 International Tri-Series Live** (HD, C) Black Caps v Bangladesh, live from Hagley Oval, Christchurch.
- 10.30 **Line of Duty** (M, HD, C, AD) UK crime drama series about an anti-corruption unit. Tonight, a dismembered body is discovered, and worries grow when DCI Roz Huntley fails to report for duty. s4ep2
- 11.45 **Coyote** (16, HD, C) US crime drama series about a former border patrol agent. Tonight, Ben must use his connections when he is forced to execute an audacious heist for the cartel. s1ep4
- 12.45am - 6.00 Infomercials

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Peppa Pig** (G, HD, C)
- 6.10 **Kangaroo Beach** (G, R, HD, C)
- 6.20 **Bluey** (G, R, HD, C)
- 6.50 **Care Bears: Unlock the Magic** (G, R, HD, C)
- 7.10 **Trollstopia** (G, R, HD, C)
- 7.35 **Ben 10** (G, R, HD, C)
- 7.45 **Bunnicula** (G, R, HD, C)
- 8.05 **SpongeBob SquarePants** (G, R, HD, C)
- 8.30 **What Now?** (G, C) Local kids' show featuring, games, interviews, fun and gunge.
- 9.30 **Home and Away Omnibus** (G, R, HD, C)
- 11.25 **Shortland Street Omnibus** (PG, R, HD, C, AD)
- 1.50 **United States of AI** (PG, HD, C, AD) s2ep19
- 2.15 **B Positive** (G, HD, C) s2ep13
- 2.40 **Call Me Kat** (PG, HD, C, AD) s2ep16
- 3.10 **The Middle** (G, R, HD, C) s1ep16
- 4.05 **How to Train Your Dragon 2** (2014, PG, HD, C, AD) A teenager and his dragon encounter a madman who wants to conquer the world. Voices of Jay Baruchel, America Ferrera.
- 6.00 **The Amazing Race** (PG, HD, C, AD) One team makes the fateful choice of stealing another team's taxi in Ho Chi Minh. s31ep4
- 7.00 **Young Sheldon** (G, HD, C) Missy's first disappointment in love triggers a series of events that leads the Cooper family to the edge of an abyss. s4ep18
- 7.30 **The Bourne Identity** (2002, M, R, HD, C, AD) A man with gunshot wounds who is rescued in the Mediteranean tries to recover his memory while avoiding police and CIA agents. Matt Damon, Franka Potente, Julia Stiles, Chris Cooper, Brian Cox. **TV Films, page 69**
- 9.50 **8 Out of 10 Cats Does Countdown** (M, R, HD, C) Jimmy Carr presents a UK comedy game show. Tonight, Sarah Millican, Joe Wilkinson, Nick Grimshaw and Ollie Locke. s12ep2
- 10.50 **Jaws 2** (1978, M, HD, C, AD) Police Chief Brody must protect the citizens of Amity after a second monstrous shark begins terrorising swimmers. Roy Scheider, Lorraine Gary.
- 1.00am **Killer Camp** (16, HD, C) s1ep4
- 1.45 **License to Kill** (M, HD, C) s2ep10
- 2.35 **In Ice Cold Blood** (16, C) s2ep14
- 3.20 **Aaron Hernandez Uncovered** (M, HD, C) s1ep4
- 4.05 **Infomercials**
- 4.35 **Religious Programming**
- 5.00 - 6.00 Infomercials

THREE FREEVIEW 3 SKY 003

- 6.00 **Life TV**
- 6.30 **Leading the Way**
- 7.00 **Charles Stanley**
- 8.00 **Life TV**
- 8.30 **Turning Point**
- 9.00 **Extreme Couponing** (PG, C)
- 9.25 **The Hui** (R, C) With Mihingarangi Forbes.
- 9.55 **Newshub Nation** (R, C) With Simon Shepherd and Rebecca Wright.
- 10.55 **Nature's Strangest Mysteries: Solved** (PG, R, C) s1ep21
- 11.15 **What Could Possibly Go Wrong?** (PG, R, C)
- Noon **American Loggers** (PG, C)
- 1.00 **British Touring Cars Championship**
- 2.00 **FIM Speedway Grand Prix Championship**
- 2.45 **WRC Repco Rally NZ** Rally New Zealand highlights.
- 3.50 **MotoGP**
- 5.00 **Ocean Bounty** (G, C) Two rock lobster fisheries have very different challenges.
- 6.00 **Newshub Live**
- 7.00 **The Block NZ: Redemption Auction** (PG) After 12 weeks of hard graft, the properties are up for auction and one team will win the \$100,000 prize.
- 8.30 **Top Gun** (1986, M, R, C) After losing his friend, a top pilot is given a second chance. Tom Cruise, Val Kilmer, Kelly McGillis. **TV Films, page 69**
- 10.35 **9-1-1** (M, R, C)
- 12.30am **Infomercials**
- 5.30 - 6.00 AM **Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 **Steven Universe** (PG, R, C)
- 6.50 **Religious Programming** (PG)
- 12.30 **LPGA Highlights** (G) Volunteers of America Classic.
- 1.35 **Storage Wars** (PG, R, C)
- 2.30 **National Tribute: Sir Wayne Shelford** (PG, C)
- 4.00 **Mainfreight Rugby** (G)
- 5.00 **Storage Wars** (PG, R)
- 5.30 **Prime News**
- 6.00 **American Pickers** (PG, R)
- 7.00 **Storage Wars** (PG, R, C)
- 7.30 **Rescue: River Deep Mountain High** (PG, R, C)
- 8.00 **Kalgoorlie Cops** (M, C) Constable Rob Malcolm checks on the Pink House after a disturbance.
- 8.35 **The Equalizer** (M, C) McCall and Mel help a deported woman track down her son after they were separated.
- 9.35 **Game of Thrones** (18, C) Jon loses his way in the wilderness, and Arya calls in her debt with Jagen.
- 11.50 **SmackDown** (PG)
- 1.00am - 6.00 Infomercials

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Whānau Bake-Off (G, R)
9.30 Easy Eats (G, R)
10.00 Kai with Anne Thorp (G, R)
10.30 Matau Bros Gone Fishing (G, R)
11.00 Te Ao Mārama
11.30 Te Ao with Moana (R)
Noon Te Ao Tapatahi
12.30 Tagata Pasifika
1.00 5 Minutes of Fame (G, R)
2.50 **■ The Swan Princess: A Royal Family Tale** (1998, PG) Voice of Laura Bailey.
4.30 Waka Huia (G, R)
5.00 The Hui (R)
5.30 Te Wānanga o Aotearoa Sprints (R)
6.30 **Heritage Rescue** (G, R) Brigid Gallagher revisits all seven of the rescued sites to see how the changes have affected the museums and their communities.
7.30 **Rain: The Untold Story** (PG) Documentary about how life on earth would not be possible without rain.
8.30 **■ Everything Must Go** (2010, M) When an alcoholic relapses and loses his wife and job, he holds a yard sale on his front lawn in an attempt to start over. Will Ferrell, Rebecca Hall.
TV Films, page 69
10.10 - 11.10 Tāringa (G, R) A bilingual podcast.

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
7.00 DUKEbox Music
11.05 Seven Worlds, One Planet (G, R, HD, C, AD)
12.10 The Crystal Maze Celebrity (G, R, HD, C, AD)
2.00 Motorway Patrol (PG, R, C)
2.55 River Monsters (PG, R, HD, C)
3.50 Xploration: Awesome Planet (G, R, HD)
4.15 Impossible Engineering (G, R, HD, C, AD)
5.10 The Big Bang Theory (PG, R, HD, C, AD) s5ep8
6.05 **Rescue Cam** (PG, R, HD)
6.30 **■ Fish of the Day** (PG, HD, C) s1ep10
7.05 Family Guy (PG, R, HD, C, AD)
7.30 The Simpsons (G, R, HD, C) s21ep6
8.30 South Seas Spearo (PG, HD, C) The team hunt sought-after southern bluefin tuna. s3ep3
9.30 Wild Kai Legends (M, HD, C) s3ep3
10.00 The Season (PG) s1ep2
10.35 Fast Justice (G, R, HD, C, AD)
11.30 - 12.25am Red Arrows Take America (G, R, HD)



Film: NOWHERE BOY

Sam Taylor-Johnson has had a fascinating career exploring ideas of fame: she was the artist who filmed David Beckham sleeping, for example. *Nowhere Boy* depicts John Lennon's teen years; Taylor-Johnson's next project is an Amy Winehouse biopic.

EDEN, 8.30pm

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Top Chef Marathon (PG, R)
9.10 Hoarders (PG, R)
10.50 Rich Listers NZ (PG, R)
11.40 Love It or List It (G, R)
1.30 Stop Search Seize (PG, R)
2.30 Rich Kids Go Skint (PG, R)
3.30 A Place in the Sun: Winter Sun Marathon (G, R)
6.30 **Love It or List It** (G)
7.30 **■ Unbroken** (2014, M, R, C) Based on the life of American Olympian and army officer Louis Zamperini, who survived in a raft for 47 days during World War II before being captured by the Japanese. Jack O'Connell, Domhnall Gleeson, Miyavi.
10.20 **999 What's Your Emergency?** (M, R) A professional footballer drives erratically the morning after a big night out.
11.20 **Young, Dumb and Banged Up in the Sun** (M, R)
12.15am The Real Housewives of Dubai (M) 1.10 - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Key of David
6.30 Through the Bible
7.00 Leading the Way
7.30 Turning Point
8.00 Baked in Vermont (G)
8.25 The Best Thing I Ever Ate (G, R)
9.15 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
10.45 Robson Green's Grand Slam
11.35 Flea Market Flip (G, R)
Noon King of Cones (G)
1.00 Ridiculous Cakes (G)
1.30 The 1% Club (PG, R)
2.30 My Lottery Dream Home (G, R)
3.00 Amanda to the Rescue (PG)
4.00 Baker's Dozen (PG)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Baggage Battles (PG, R)
7.30 Tony Robinson's Coast to Coast (G)
8.30 **■ Nowhere Boy** (2009, M) Aaron Taylor-Johnson.
10.30 Forged in Fire (PG)
11.25 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Tanked (PG, R)
7.40 Desert Car Kings (PG, R)
8.30 Building Off the Grid: Spearfish Canyon (G, R)
9.20 100 Days Wild (PG, R)
10.10 Men, Women, Wild (PG, R)
11.00 Inside West Coast Customs (PG, R)
11.50 Garage Squad (PG, R)
1.30 Wheeler Dealers (PG, R)
5.45 Garage Squad (PG)
6.40 **Head Rush** (G)
7.30 **Desert Car Kings** (PG) Jason restores a 1970 442 Oldsmobile to race against his dad on the drag strip.
8.25 **Highway to Sell** (PG) Dennis and Slick partner with the tough-talking Brooklyn-born owner of a 62 Chrysler Newport wagon.
9.20 **Texas Metal** (PG) The team push hard to rebuild NFL legend Earl Campbell's 1949 Cadillac.
10.15 Airplane Repo (M)
11.10 Garage Squad (PG, R)
12.00am Programmes continue

SKY PREMIERE

SKY 030

- 6.25 The Unholy (2021, M) Jeffrey Dean Morgan, Cricket Brown
8.05 No Sudden Move (2021, 16) Don Cheadle
10.00 Resident Evil: Welcome to Raccoon City (2021, 16) Kaya Scodelario, Robbie Amell
11.45 Last Night in Soho (2020, 16) Anya Taylor-Joy
1.40 A Mouthful of Air (2021, M) Amanda Seyfried, Finn Wittrock
3.25 Georgetown (2021, 16) Christoph Waltz
5.05 Military Wives (2019, M) Kristin Scott Thomas
6.55 **Joe Bell** (2020, M) A working-class father walks across the US in a crusade against bullying after his son is tormented for being gay. Mark Wahlberg, Connie Britton
8.30 **Moonfall** (2022, M) A mysterious force sends the Moon hurtling towards Earth. Halle Berry, Patrick Wilson
TV Films, page 69
10.40 **Dear Evan Hansen** (2021, M) Ben Platt, Kaitlyn Dever
1.00am Blackbird (2019, M) 2.40 Crisis (2020, 16) 4.40 Voyagers (2020, 16)

MOVIES CLASSICS

SKY 034

- 6.20 Kings Go Forth (1958, PG) Frank Sinatra, Tony Curtis
8.10 Gilda (1946, PG) Glenn Ford, Rita Hayworth
10.00 The Fugitive (1993, M) Harrison Ford
12.10 The Manchurian Candidate (1962, PG) Frank Sinatra
2.15 The Birdcage (1996, M) Robin Williams
4.10 All the President's Men (1976, 16) Dustin Hoffman, Robert Redford
6.25 **Dog Day Afternoon** (1975, 18) A bank robbery turns into a media circus when it emerges that one of the crooks is stealing to pay for his lover's sex change operation. Al Pacino, John Cazale
8.30 **City Slickers** (1991, PG) Three buddies go on a cattle-driving holiday from New Mexico to Colorado. Billy Crystal, Daniel Stern
10.25 **The Thomas Crown Affair** (1999, M) Pierce Brosnan, Rene Russo
12.15am The Tall T (1957, G) 1.30 Last Tango in Paris (1972, 18) 3.35 Anzio (1968, PG) 5.30 The Ruling Class (1972, M)

RIALTO

SKY 039

- 6.30 State of the Union (2019, M) Rosamund Pike
8.15 State of the Union 2 (2022, M) Patricia Clarkson
10.00 Some Kind of Heaven (2020, M) US documentary.
11.20 **Britt-Marie Was Here** (2019, M) Pernilla August
12.55 Little Fish (2020, M) Olivia Cooke
2.35 Olympia (2018, 16) US documentary.
4.15 Shiva Baby (2020, M) Rachel Sennott
5.35 **Breaking Bread** (2020, M) US/Israeli documentary.
7.05 **Wild Indian** (2021, 16) Jesse Eisenberg
8.30 **Rialto British: Dark Lies the Island** (2019, 16) Family members feud in a small Irish town over the course of a week. Peter Coonan, Charlie Murphy **TV Films, page 69**
10.00 **Dr Bird's Advice for Sad Poets** (2021, M) Lucas Jade Zumann, Jason Isaacs
11.50 **Exposed: The Church's Darkest Secret** (2020, 18) UK documentary.
1.45am Sulphur and White (2020, 16) 3.45 Olympia (2018, 16) 5.25 Shiva Baby (2020, M)

SKY CHANNELS

Vibe SKY 006

6.50 Victorian Bakers (PG) s1ep1 **7.50** Judge Judy Omnibus (PG) **9.50** The Closer Omnibus (M) **1.45** Harlots (16) s2ep5 **2.45** ■ Flowers & Honey (2021, PG) **4.30** Back in Time for the Weekend (PG) s3ep1 **5.30** Stacey Dooley Investigates (M) **6.40** Dream Home Rescue (PG) s1ep final **7.10** And Just Like That ... the Documentary (M) Behind the scenes of the recent reboot of Sex and the City. **8.40** Victoria (M) The royal household visits Ireland where intrigue, conflict and romance all blossom during their stay at Lord Palmerston's estate. s3ep5 **9.45** Agatha Christie's Marple (M) Miss Marple investigates the downfall of an optimistic young couple who ignored the warnings of a gypsy and built their dream home on allegedly cursed land. s6ep3 **11.30** Back in Time for the Weekend (PG) s3ep1 **12.40am** Programmes continue

BBC UKTV SKY 007

6.00 Too Close Marathon (M) s1ep1-3 **8.35** Holby City (M) s21ep24 **9.40** EastEnders Marathon (PG) **11.40** The Jonathan Ross Show (PG) s18ep7 **12.30** The Graham Norton Show (M) s29ep13 **1.25** 8 Out of 10 Cats Does Countdown (M) **2.15** Midsomer Murders (PG) s19ep4 **4.00** The Mallorca Files (PG) s1ep4 **4.50** Sanditon (PG) s2ep3 **5.50** Heartbeat (PG) s18ep15 **6.45** Sister Boniface Mysteries (PG) s1ep1 **7.35** Doc Martin (M) Doc Martin and Louisa are finally going on a date, as they have found the perfect spot for romance. s3ep5 **8.30** Who Do You Think You Are? (PG) Liz Carr discovers that her great-great-great-grandfather was involved in an attempted murder in rural NI. **9.35** Call the Midwife (PG) Chummy and Cynthia meet a young woman with Down syndrome who is found to be pregnant, and Patsy is removed from midwifery duties. s3ep5&6 **11.40** Casualty (PG) s37ep7 **12.30am** Programmes continue

SoHo SKY 010

6.30 Ray Donovan Marathon Continues (18) s7ep3-5 **1.20** Industry (16) s2ep5 **2.15** The Outsider (16) s1ep2 **3.10** Deceit (18) s1ep4 **4.00** Shameless Hall of Shame (18) s1ep4 **4.50** Animal Kingdom (16) s6ep11 **5.35** Industry (16) s2ep5 **6.30** His Dark Materials (PG) s2ep1 **7.30** Succession (16) After betraying his father, a righteous Kendall scrambles to find a base of operations, and Logan's team searches for safe harbour. s3ep1 **8.30** Black Narcissus (16) All the nuns must confront their darkest desires. s1ep3 **9.30** House of the Dragon (18) s1ep7 **10.30** Real Time with Bill Maher (M) s20ep30 **11.30** Atlanta (16) s4ep3 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.05** Garden Rescue (PG) **7.55** Martha Knows Best (PG) **8.45** Gardening Australia (PG) **9.45** The Great British Dig (PG) **10.45** Salvage Hunters: The Restorers (PG) **11.45** Penelope Keith's Hidden Villages (PG) **12.40** Rachael Ray's Week in a Day (PG) **1.30** Girl Meets Farm (PG) **2.00** Halloween Wars Marathon (PG) **6.35** Haunted Gingerbread Showdown (PG) **7.30** The Great British Dig (PG) **8.30** Shed and Buried (PG) **9.30** Every Family Has a Secret (PG) **10.30** Halloween Wars Marathon (PG) **2.45am** Programmes continue

Investigation Discovery SKY 018

6.05 Obsession: Dark Desires (M) **7.45** True Conviction (M) **8.35** People Magazine Investigates (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Undercover Underage (M) **1.05** Crimes Gone Viral (M) **2.00** People Magazine Investigates Marathon (M) **5.40** House of Hammer Marathon (M) **8.30** Murder in the Heartland (M) **9.30** Still a Mystery (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.00 Omecitta: A Japanese Tribute to Cinema **7.10** T.S. Eliot: The Search for Happiness **8.00** Il Barbiere Di Siviglia (G) Opera by Gioachino Rossini. **10.55** Parklife **12.30** ■ Decanted. (2016, G) **2.00** Omecitta: A Japanese Tribute to Cinema **3.10** T.S. Eliot: The Search for Happiness **4.00** Unique: One Artist, One Monument, One Concert (G) Classical musicians perform in stunning locations. **5.30** Masterpieces Unveiled **5.55** ■ Quadrophonia Live in London (2014, G) The Who perform Quadrophonia at Wembley Arena in 2013. **7.30** You, Myself and Art **8.00** ■ Foreigner: Double Vision 40 Live.Reloaded (2019, G) **9.40** R.E.M.: This Is Not a Show **10.40** Rock Legends: Jerry Lee Lewis **11.10** Rock Legends: Al Green **11.35** Rock Legends: Chicago **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Strange Evidence (M) **7.45** Blowing Up History (PG) **8.35** Deadliest Catch (M) **9.25** Great Southern Truckers (PG) **10.20** What on Earth? (PG) **11.15** Gold Rush the Dirt: The Hoffman Story (M) **12.10** Aussie Gold Hunters (PG) **1.05** Dirty Jobs (PG) **2.00** Aussie Gold Hunters Marathon (PG) **8.30** Naked and Afraid (M) **10.00** Man Caves (PG) **10.30** Dual Survival (M) **11.25** Strange Evidence (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Witness to Disaster (M) **7.30** Air Crash Investigation: Special Report (M) **9.30** Last of the Giants: Wild Fish (PG) **10.30** Wicked Tuna (PG) **11.30** First Alaskans (PG) **12.30** Mine Kings (M) **1.30** César Millan: Better Human, Better Dog (PG) **3.30** Drain the Oceans Best Of (PG) **5.30** World's Greatest Train Journeys from Above (PG) **6.30** Aussie Snake Wranglers (PG) **7.00** Edge of the Unknown (PG) **7.30** César Millan: Better Human, Better Dog (PG) An anxious four-dog pack has an appetite for destruction, and a dog pair are pulling their family into dangerous traffic. **8.30** Megastructures **9.30** World's Greatest Train Journeys from Above (PG) In the Australian outback, the Ghan and its 3000kms of track need constant and skilled maintenance. **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Aussie Snake Wranglers (PG) **12.00am** Programmes continue

History SKY 073

6.30 Coliseum: Rome's Arena of Death (M) **7.30** Egypt (PG) **8.30** Time Team **9.30** Mystery of the Celtic Tomb (PG) **10.30** Secret Nazi Expeditions (PG) **11.30** Coliseum: Rome's Arena of Death (M) **12.30** Egypt (PG) **1.30** Aussie Inventions That Changed the World (PG) **2.30** The Hittites (PG) **5.00** Butterfly Effect (PG) **5.30** China's Dragon Emperor (PG) **6.30** Abandoned Engineering (PG) **7.25** Ancient Skies (PG) **8.25** The Last Days of Anne Boleyn (PG) **9.35** Hindenburg: The Cover Up (PG) **10.30** Ancient Apocalypse (PG) **11.30** Burma: Forgotten Allies (M) **12.25am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (M) **6.45** Ade's Climate Pioneers (PG) **7.45** Louis Theroux: Life on the Edge (M) **8.40** Trust Me I'm a Doctor (PG) **9.35** Zoo Quest (PG) **10.30** One Cup, a Thousand Stories (PG) **12.20** The Hunt: The Making of (PG) **12.30** The Dog Rescuers with Alan Davies (M) **1.15** The Dog Rescuers with Alan Davies (PG) **2.05** 24 Hours in A&E (M) **3.45** The Hunt: The Making of (PG) **3.55** Brian Cox's Adventures in Space and Time (PG) **4.50** Frozen Planet (PG) **5.45** Spy in the Snow (PG) **6.50** Life Below Zero (M) **7.40** The Dog Rescuers with Alan Davies (M) **8.30** Spy in the Wild II (PG) The spy creatures explore Japan, Mexico, Alaska and Europe. **9.35** From Ice to Fire (PG) Helen Czerski explores the science of cold and how it was shaped our planet. **10.40** Trust Me I'm a Doctor (PG) **11.40** Zoo Quest (PG) **12.35am** Programmes continue



SoHo: Succession, 7.30pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 Heartland Championship, Whanganui v Mid Canterbury **7.15** NPC, quarter-final 1 **7.30** NPC, quarter-final 2 **7.45** NPC, quarter-final 3 **8.00** Gallagher Premiership, Bath v Gloucester, replay **10.00** NPC, quarter-final 3, replay **Noon** NPC, quarter-final 1 **12.20** NPC, quarter-final 2 **12.40** NPC, quarter-final 3 **1.00** NPC, highlights **2.00** National Provincial Championship, quarter-final 4, **live** **4.00** Gallagher Premiership, Bath v Gloucester, replay **5.55** Winter Games Highlights **7.30** The Breakdown **8.30** Rugby Nation **9.00** ATP 500, Astana Open, doubles final, from Nur-Sultan, Kazakhstan, **live** **11.00** NPC, quarter-final 2 **11.15** NPC, quarter-final 3 **11.30** ATP 500, Astana Open, singles final, from Nur-Sultan, Kazakhstan, **live** **1.30am** The Breakdown **2.30** NPC, quarter-final 4 **2.50** Gallagher Premiership, Wasps v Northampton Saints, **live** **5.00** Football, National Women's League, Auckland United v Canterbury United Pride, replay

Sky Sport 2 SKY 052

6.00 NPC, quarter-final 3 **6.15** NPC, quarter-final 2 **6.30** ATP 500, Japan Open, semi-final 1, replay **8.00** World Grand Prix Darts, day 6, from Morningside Arena, Leicester, **live** **11.00** ATP 500, Japan Open, semi-final 2 **12.30** ATP 500, Japan Open, day 6, highlights **1.30** ATP 500, Astana Open, day 6, highlights **2.30** Premier League, Newcastle United v Brentford, highlights **2.50** A-League, Wellington Phoenix v Adelaide United, **live** **5.00** Premier League, Chelsea v Wolverhampton, highlights **5.15** Premier League, Manchester City v Southampton, highlights **5.30** ATP 500, Japan Open, day 6, highlights **6.30** Australia v England, 1st T20, from Perth Stadium, **live** **11.00** Premier League, Manchester City v Southampton, replay **1.00am** Premier League, Chelsea v Wolverhampton Wanderers **1.15** Premier League, Bournemouth v Leicester City **1.35** Premier League, Newcastle United v Brentford **1.50** Premier League, Crystal Palace v Leeds, **live** **4.00** Premier League, Brighton v Tottenham Hotspur **4.15** Premier League, Bournemouth v Leicester City **4.30** ATP 500, Astana Open, day 6, highlights **5.30** Rugby Nation

Sky Sport 3 SKY 053

9.00 Premier League, Bournemouth v Leicester City, replay **11.00** India v South Africa, 1st ODI, replay **7.00** West Indies Women v White Ferns, T20, highlights **7.30** West Indies Women v White Ferns, T20, highlights **8.00** India v South Africa, 3rd T20, highlights **8.20** India v South Africa, 1st ODI, highlights **8.50** India v South Africa, 2nd ODI, from Jharkhand State Cricket Association Stadium, Ranchi, **live** **5.00am** Caribbean Premier League, Eliminator, highlights **5.30** Caribbean Premier League, Qualifier 1, highlights

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Unbeatable** (G, HD, C)
- 10.00 Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.
- 11.00 The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- Noon 1 News** (HD, C)
- 12.30 Emmerdale** (PG, C, AD) Vinny rules out fighting for his marriage, Sandra sets about accessing Liv's bank account, and Kerry's plan might backfire.
- 1.30 Hollyoaks** (PG, C, AD) History repeats itself when Victor forces a terrified Sid to sell drugs, and if he fails, Juliet will be the one who pays.
- 2.00 The Repair Shop** (G, R, HD, C, AD) UK series in which expert craftspeople restore treasured items.
- 3.00 Tipping Point** (G, C) Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere** (HD) A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow: Britain's Busiest Airport** (G, R, HD, C, AD) UK series following some of the 77,000 workers at Heathrow Airport.
- 5.00 The Chase** (G, R, C) Bradley Walsh hosts a UK quiz show.
- 6.00 1 News** (HD, C)
- 7.00 Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Fair Go** (C) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
- 8.00 The Check Up** (G, HD, C, AD) Mataroria Lyndon, Shawn Gielen-Relph, Jayani Kannangara and Vanisi Prescott present a local health series. Tonight, Vanisi looks at bad posture, Jayani investigates urinary tract infections, and Mataroria explores the downside of self-diagnosis. s3ep6
- 8.30 My Life Is Murder** (PG, HD, C, AD) When a bride dies from an allergic reaction to a bee sting, Alexa must discover whether it is a tragic accident or a case of sweet revenge. s3ep6
- 9.30 20/20** (C)
- 10.30 1 News** (HD, C)
- 11.00 Shortland Street** (PG, R, C, AD)
- 11.30 Paramedics** (PG, R, HD, C)
- 12.30am Q+A with Jack Tame** (R, HD, C)
- 1.30 Te Karere** (R, HD)
- 2.00 Infomercials**
- 5.30 - 6.00 Te Karere** (R, HD)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move** (G, R, HD, C)
- 6.25 Kiri and Lou** (G, R, HD, C, AD)
- 6.30 Maia the Brave** (G, R, HD, C, AD)
- 6.40 Takaro Tribe** (G, R, HD, C, AD)
- 6.50 Darwin & Newts** (G, R, HD, C, AD)
- 7.05 Powerpuff Girls** (G, R, HD, C)
- 7.25 Wacky Races** (G, R, HD, C)
- 7.50 Teen Titans Go!** (G, R, HD, C)
- 8.10 Gus - the Itsy Bitsy Knight** (G, HD, C) s1ep12
- 8.20 Mighty Little Bheem** (G, R, HD, C)
- 8.35 Sesame Street** (G, HD, C)
- 9.00 Infomercials**
- 9.30 Les Mills BodyBalance** (G, R, HD, C)
- 10.05 The Drew Barrymore Show** (PG, C)
- 10.30 Home and Away** (PG, R, C)
- 11.00 Shortland Street** (PG, R, HD, C, AD)
- 11.30 Smash** (PG, HD, C) s1ep3
- 12.30 First Dates** (PG, HD, C)
- 1.30 Rich Holiday Poor Holiday** (G, R, HD, C, AD)
- 2.30 The Drew Barrymore Show** (PG, C)
- 3.00 Will & Grace** (G, R, C) s2ep4
- 3.30 The Feed** (PG, HD, C)
- 5.00 The Simpsons** (PG, R, HD, C, AD) s32ep14
- 5.30 Friends** (G, R, HD, C) s1ep16
- 6.00 Ghosts** (PG, HD, C, AD) s1ep13
- 6.30 Home and Away** (PG, C) Tane covets Ziggy's growing family.
- 7.00 Shortland Street** (PG, HD, C, AD) Madonna's pride comes before a fall, Chris won't give up, and Vili has double standards.
- 7.30 Celebrity Treasure Island** (PG, C, AD, another episode screens tomorrow) One of the game's powerhouses is eliminated.
- 8.30 Renters** (PG, HD, C, AD) The power of the dog poo in Waihōpai, and the vermin get Michelle squirming in Tāmaki Makaurau. s10ep6
- 9.00 Australian Survivor: Blood v Water** (M, HD, C, another episode screens tomorrow) At Tribal Council, an epic playbook blindside is executed to the letter.
- 10.15 The Walking Dead** (16, C) s11ep18
- 11.15 Two and a Half Men** (PG, R, HD, C) s8ep14
- 12.10am 2 Broke Girls** (PG, R, HD, C) s2ep12
- 12.35 Counterpart** (16, HD, C) s1ep9
- 1.30 Emmerdale** (PG, R, C, AD)
- 2.15 Infomercials**
- 3.10 Grey's Anatomy** (M, R, HD, C) s17ep3
- 3.55 Heroes** (PG, R, HD, C) s3ep21
- 4.35 Hollyoaks** (PG, R, HD, C, AD)
- 5.00 - 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 AM** With Ryan Bridge and Melissa Chan-Green.
- 9.00 Infomercials**
- 10.30 Gold Rush** (PG, R, C)
- 11.30 Newshub Live**
- Noon** ■ **Diagnosis Delicious** (2016, PG, R, C) Maya Stojan, Ryan Rottman, Tanya Christolm.
- 2.00 Cutthroat Kitchen** (G, C)
- 3.00 Outrageous Acts of Science** (PG, C)
- 4.00 Bath Crashers** (G, C)
- 4.30 Newshub Live**
- 5.00 Gold Rush** (PG, C)
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30** ■ **Lego Masters Australia** (G, C, another episode screens tomorrow) Hamish Blake presents a Lego competition series, with judge Ryan "The Brickman" McNaught. Tonight, teams must create something you would find at the bottom of the ocean. s4ep1
- 9.10 The Rookie** (M, C) When a new designer drug hits the streets, Nolan and the team have a Halloween they won't soon forget. s4ep5
- 10.05 Law & Order: Special Victims Unit** (16, C) A role-play session on a website turns violent when a user decides to meet his idol in person. s22ep5
- 11.05 Newshub Late**
- 11.35 Head High** (M, R, C)
- 12.35am Infomercials**
- 5.30 - 6.00 AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes** (C)
- 9.40 Addicted to Fishing** (PG, R, C)
- 10.10 Kids Say the Darndest Things** (PG, R, C)
- 11.10 The Unicorn** (PG, R, C)
- 11.35 Judge Judy** (PG)
- Noon Designing Dreams** (G, R, C)
- 1.00 Traffic Cops** (PG, R, C)
- 2.00 The Late Show with Stephen Colbert** (PG, R)
- 3.00 Wheel of Fortune** (G)
- 3.30 Jeopardy** (G)
- 4.00 American Pickers** (PG, R)
- 5.00 Tagata Pasifika** (G)
- 5.30 Prime News**
- 6.00 Rugby Nation** (G)
- 7.00 Pawn Stars** (PG)
- 7.30 American Pickers** (PG, R)
- 8.30 The Crowd Goes Wild**
- 9.30 Winning Time: The Rise of the Lakers Dynasty** (16, C) Coach West is given complete freedom with the Lakers roster.
- 10.40 The Late Show with Stephen Colbert** (PG)
- 11.40** ■ **Ballers** (16)
- 12.30am - 6.00 Infomercials**

**Reality: LEGO MASTERS AUSTRALIA**

The hugely popular Lego building competition series returns for a fourth season, and Lego must be thrilled that host Hamish Blake won the Gold Logie this year, an award chosen by public vote. The season is all over in Australia, so whatever you do, don't look at the internet, but we can tell you that the teams include a father and son, married husbands, best friends and a pair of brothers. Crazy challenges include creating a song title in Lego; a car of the future; dragons small enough to fly on a drone; and something that drags itself across a high wire for at least 10m.

THREE, 7.30pm**Film: MEMORY**

We thought Liam Neeson was done with action flicks, but here he is in New Zealand director Martin Campbell's adaptation of a Belgian film. To be fair, he's an "ageing" hitman with early dementia – hence the title – who goes rogue when he won't kill a child. Didn't they know that's in the hitman code? Guy Pearce and Monica Bellucci also star.

NETFLIX

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.00 Easy Eats (G, R)
9.30 Whānau Living (G, R)
10.00 Kai Safari (G, R)
10.30 Toi Te Ora (G, R)
11.00 Rain: The Untold Story (PG, R)
Noon Te Ao Tapatahi
12.30 Celebrity Playlist (G, R)
1.00 Heritage Rescue (G, R)
2.00 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Rangitane (G, R) Rangitāne, from Fielding.
6.30 Te Ao Mārama
7.00 Marae Current affairs.
7.30 ■ Homesteads (G) Stories of homesteads through the eyes of the ahi kā who are maintaining and strengthening Māori ties to their tūrangawaewae.
8.00 Te Ao with Moana Moana Maniapoto presents current affairs.
8.30 ■ RBG (2018, PG, R) Documentary exploring the life of US Supreme Court Justice Ruth Bader Ginsburg and her career fighting discrimination.
10.10 Indigenous 100 (G, R) Julian Wilcox meets Kiri Nathan.
10.40 Ki Tua (G, R)
11.10 - 11.40 Te Ao Mārama (R)

Factual: HOMESTEADS

A new series that acknowledges those who keep the home fires burning and uncovers the history of seven papa kāinga, some of which have stood for more than a century. The series begins with the Ponga Whānau Homestead in Parinui.

WHAKAATA MĀORI, 7.30pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.35 Million Dollar Listing LA (PG, R)
2.30 Love It or List It (G, R)
3.30 Top Chef (G)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 Snapped: Killer Couples (M)
8.30 An Unexpected Killer (M) A fun-loving 59-year-old man is found shot to death in his home and his jewellery collection stolen.
9.30 Twisted Killers (16) In New York, a series of violent stabbings set police on the trail of a killer who targets women.
10.30 Snapped (M)
11.30 The Killer Affair (M, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 Amanda to the Rescue (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Baker's Dozen (PG, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Bang on Budget (PG)
1.00 American Restoration (PG)
1.30 Baggage Battles (PG, R)
2.00 Coast to Coast (G, R)
3.00 My Cat from Hell (PG)
4.00 Jamie's Super Food (G)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Shipping Wars (PG)
7.30 Border Security Aus (PG)
8.00 Newshub Live
8.30 Richard Hammond's Workshop (PG)
9.30 World's Greatest Hotels (PG)
10.30 Shipping Wars (PG, R)
11.00 Border Security Aus (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Wheeler Dealers (PG, R)
8.30 Desert Car Kings (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Treehouse Masters (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Wheeler Dealers (PG, R)
4.00 Desert Car Kings (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Fast N' Loud (PG)
7.30 Men, Women, Wild (PG)
8.25 Man vs. Wild (PG) Bear is in the Siberian tundra.
9.20 Naked and Afraid (M)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.30 DUKEbox Music
11.00 Beat the Chef (G, R, HD, C)
Noon Two and a Half Men (PG, R, HD, C) s7ep1
12.25 Everybody Hates Chris (G, R, HD, C)
12.50 River Monsters (PG, R, HD, C)
1.45 Star Trek Discovery (PG, HD, C) s3ep12
2.40 Hunting Aotearoa (PG, R, HD)
3.05 Heavy Rescue 401 (G, R, HD)
4.00 The Chase Aus (G, HD, C)
4.50 ABC World News (PG)
5.15 Taste of Australia with Hayden Quinn (G, HD, C)
5.40 Abandoned Engineering (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C) s7ep2
7.05 Everybody Hates Chris (PG, R, HD, C)
7.30 The Simpsons (PG, R, HD, C)
8.30 Family Guy (PG, R, HD, C, AD)
9.30 Ten Year Old Tom (M, HD, C)
10.00 Robot Chicken (16, HD)
10.25 Aqua Teen Hunger Force (M, HD)
10.50 The Eric Andre Show (16, HD)
11.20 The Venture Bros (M, HD)
1.50am - 2.10 ABC World News (PG, R)

SKY PREMIERE

SKY 030

- 6.30 My Valentine (2019, 16) Britt Baron, Benedict Samuel
7.50 Cry Macho (2021, M) Clint Eastwood, Eduardo Minett
9.35 Penguin Bloom (2020, M) Naomi Watts
11.10 Alone (2020, 16) Jules Willcox, Marc Menchaca
12.50 12 Mighty Orphans (2021, M) Luke Wilson, Martin Sheen
2.45 Music (2021, M) Kate Hudson, Maddie Ziegler
4.35 The Fallout (2021, 16) Jenna Ortega, Maddie Ziegler
6.10 Stillwater (2021, M) roughneck travels from Oklahoma to France to visit his daughter, who is in prison for murder. Matt Damon, Abigail Breslin
8.30 The Last Duel (2021, 16) Based on the story of the last officially sanctioned duel in France during the 14th century. Matt Damon, Adam Driver, Jodie Comer
11.05 Queenpins (2021, M) Kristen Bell, Kirby Howell-Baptiste
12.55am Every Breath You Take (2021, 16) 2.40 The Devil Has a Name (2021, 16) 4.15 My Valentine (2019, 16) 5.35 The Last Duel (2021, 16)

MOVIES CLASSICS

SKY 034

- 8.00 Dog Day Afternoon (1975, 18) Al Pacino, John Cazale
10.05 T-Men (1947, PG) Dennis O'Keefe, Mary Meade
11.35 Major Dundee (1965, PG) Charlton Heston, James Coburn
1.35 China Girl (1987, 18) Richard Panebianco, Sari Chang
3.05 In a Lonely Place (1950, PG) Humphrey Bogart, Gloria Grahame
4.35 Ishtar (1987, PG) Dustin Hoffman, Warren Beatty
6.20 Unforgiven (1992, M) A gunslinger reluctantly takes on one last job. Clint Eastwood, Gene Hackman
8.30 Five Easy Pieces (1970, 16) A man who rejected his upper-class background visits his estranged family when his father falls ill. Jack Nicholson, Karen Black
10.10 Rebel Without a Cause (1955, M) A troubled teen moves to a new town where he struggles to fit in. James Dean, Natalie Wood
12.00am Decision at Sundown (1957, M) 1.15 King Rat (1965, PG)
3.25 Comanche Station (1960, M)
4.40 The Defiant Ones (1958, PG)

RIALTO

SKY 039

- 6.45 Breaking Bread (2020, M) US/Israeli documentary.
8.15 Dark Lies the Island (2019, 16) Peter Coonan
9.45 Wild Indian (2021, 16) Jesse Eisenberg
11.10 Dr Bird's Advice for Sad Poets (2021, M) Lucas Jade Zumann
1.00 Hunters (M) s2ep1&2
2.40 Litigante (2019, M) Alejandra Sarria
4.20 Killing Escobar (2021, 16) UK documentary.
5.55 No Man of God (2021, 16) Elijah Wood, Luke Kirby
7.35 War of the Worlds (16) Bill explains his plan to infect the aliens with a virus. s2ep5
8.30 Rialto World: Night of the Kings (2020, M) A young man in a prison must tell stories for an entire night to survive. Bakary Kone
TV Films, page 69
10.05 Falklands: Islands of Secrets (2021, 16) UK documentary.
11.35 Werewolves Within (2021, 16) Sam Richardson
1.10am Quacks (M) s1ep1&2 2.20 Litigante (2019, M) 4.00 Killing Escobar (2021, 16) 5.35 No Man of God (2021, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s2ep1 **7.10** The Closer (M) s7ep6 **7.55** Major Crimes (M) s2ep9 **8.40** The Good Wife (M) s3ep8 **9.25** Covert Affairs (M) s4ep11 **10.10** Judge Judy (PG) **11.00** Agatha Christie's Marple (M) s6ep3 **12.45** Back in Time for the Weekend (PG) s3ep1 **1.50** The Closer (M) s7ep6 **2.40** Major Crimes (M) s2ep9 **3.30** The Good Wife (M) s3ep8 **4.20** Judge Judy (PG) **5.10** Downton Abbey (M) s2ep1 **6.30** Covert Affairs (M) s4ep11 **7.30** Casualty 24/7 (M) s2ep6 **8.30** Ambulance (16) s8ep3 **9.45** Hospital (M) s1ep2 **11.00** The Good Wife (M) s3ep8 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** Keeping Up Appearances (PG) s1ep1 **7.35** The Bill (M) **8.25** A Touch of Frost (16) s10ep2 **10.10** Father Brown (PG) s6ep6 **11.00** Doc Martin (PG) s6ep6 **11.50** Midsomer Murders (M) s8ep3 **1.35** The Bill (M) **2.20** New Tricks (M) s11ep5 **3.20** 8 Out of 10 Cats Does Countdown (16) **4.10** The Graham Norton Show (PG) s26ep19 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Sanditon (PG) s2ep4 **9.35** London Kills (PG) With the murder of another black police officer, the team suspects the killer has racial motivations. s3ep5 **10.30** Keeping Faith (M) s2ep3 **11.35** Midsomer Murders (M) s8ep3 **1.15am** Programmes continue

SoHo SKY 010

6.10 Flatbush Misdemeanors (16) s2ep3 **6.40** House of the Dragon (18) s1ep7 **7.40** Penny Dreadful: City of Angels (18) s1ep7 **8.35** His Dark Materials (PG) s2ep1 **9.25** Real Time with Bill Maher (M) s20ep30 **10.25** Black Narcissus (16) s1ep3 **11.30** Succession (16) s3ep1 **12.30** Atlanta (16) s4ep3 **1.00** House of the Dragon (18) s1ep7 **2.00** House of the Dragon (18) s1ep8 **3.10** The House That Dragons Built (18) s1ep8 **3.35** Real Time with Bill Maher (M) s20ep30 **4.35** Dave (16) s1ep6 **5.05** Britannia (18) s1ep1 **6.20** Avenue 5 (M) s1ep4 **6.50** Insecure (16) s4ep3 **7.20** Last Week Tonight with John Oliver (M) s9ep25 **8.00** What We Do in the Shadows (16) s4ep8 **8.30** House of the Dragon (18) s1ep8 **9.40** The Man Who Fell to Earth (16) Faraday tries to go it alone. s1ep2 **10.35** American Gigolo (18) s1ep4 **11.30** DMZ (16) s1ep2 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family US (PG) **10.00** Paramedics on Scene (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Grand Designs Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.45** Paramedics on Scene (PG) **5.40** Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Grand Designs House of the Year (PG) **9.30** Escape to the Chateau **10.30** Grand Designs New Zealand (PG) **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Where Murder Lies (M) **7.45** Evil Lives Here (M) **8.35** Reasonable Doubt (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** House of Hammer Marathon (M) **7.30** Evil Lives Here (M) **8.30** Where Murder Lies (M) **9.30** Evil Lives Here (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.40 Rock Legends: Jerry Lee Lewis **7.10** Rock Legends: Al Green **7.35** Rock Legends: Chicago **8.00** Unique: One Artist, One Monument, One Concert **9.30** Masterpieces Unveiled **9.55** ■ Quadrophonia Live in London (2014, G) **11.30** You, Myself and Art **Noon** ■ Foreigner: Double Vision 40 Live.Reloaded (2019, G) **1.40** R.E.M.: This Is Not a Show **2.40** Rock Legends: Jerry Lee Lewis **3.10** Rock Legends: Al Green **3.35** Rock Legends: Chicago **4.00** Quatuor Ebene: Beethoven String Quartets **5.30** Rankin's 2020 **6.00** Hugo: Les Misérables **7.00** The Great Pottery Throw Down **7.45** The Decisive Moment **8.00** Off Camera **9.00** Citizen Hearst **10.00** Bernard Haitink: The Enigmatic Maestro **11.30** Classical Destinations with Simon Callow **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Gold Rush the Dirt: The Hoffman Story (M) **9.25** Aussie Gold Hunters (PG) **10.20** Great Southern Truckers (PG) **11.15** Dirty Jobs (PG) **12.10** Man Caves (PG) **12.35** How Do They Do It? (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Demolition Down Under (PG) **6.35** Aussie Gold Hunters (PG) **7.30** Aussie Lobster Men (PG) **8.30** Great Southern Truckers (PG) **9.30** Airplane Repo (M) **10.30** Railroad Alaska (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Decades Remixed: The 80s Greatest (PG) **6.30** Hitler's Last Stand (M) **7.30** Aussie Snake Wranglers (PG) **8.00** Outback Wrangler (PG) **8.30** Inside Russia's Toughest Prisons (M) **9.30** Air Crash Investigation (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Apocalypse: War of Worlds (16) **3.30** Nazi Megastructures (PG) **5.30** Hitler's Last Stand (M) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** Alaska: The Next Generation (PG) **8.30** Edge of the Unknown (PG) **9.00** Do or Die (PG) **9.30** Rescued (M) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.35 China's Dragon Emperor (PG) **7.30** Ancient Apocalypse (PG) **8.30** Time Team **9.30** Ancient Skies (PG) **10.30** Hindenburg: The Cover Up (PG) **11.30** China's Dragon Emperor (PG) **12.25** Ancient Apocalypse (PG) **1.25** History of Warfare (PG) **2.30** The War (M) **3.30** Secret War (M) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** The Secret Story of the Knights Templar (PG) **8.30** The Engineering That Built the World (PG) Two visionaries risked everything to connect the US to the rest of the world with an undersea cable. **9.30** The Six Queens of Henry VIII (M) **10.25** Top 10 Treasures of Pompeii (PG) **11.20** WWII's Most Daring Raids (PG) **12.15am** Programmes continue

BBC Earth SKY 074

6.00 Expedition with Steve Backshall (PG) **6.50** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Earth from Space (PG) **9.30** The Placebo Experiment (PG) **10.30** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (PG) **12.05** Blue Planet II: The Making of (PG) **12.15** The Private Life of Plants (PG) **1.05** Earth from Space (PG) **2.00** Expedition with Steve Backshall (PG) **2.55** Incredible Journeys with Simon Reeve (M) **3.55** Universe: The Making of (PG) **4.05** The Placebo Experiment (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (M) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are (PG) **10.20** The Private Life of Plants (PG) **11.15** Incredible Journeys with Simon Reeve (M) **12.15am** Programmes continue



BBC Earth: The Private Life of Plants, 10.20pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 Gallagher Premiership, Wasps v Northampton Saints, replay from Coventry Building Society Arena **9.00** ATP 500, Japan Open, singles final, replay from Ariake Coliseum, Tokyo **11.00** ATP 500, Japan Open, day 7, highlights **Noon** Premier League, Everton v Manchester United, replay from Goodison Park, Liverpool **2.00** National Provincial Championship, quarter-final 3, replay **4.00** National Provincial Championship, quarter-final 4, replay **6.00** Premier League, Arsenal v Liverpool, replay from Emirates Stadium, London **8.00** Rugby Nation **8.30** The Crowd Goes Wild, **live** **9.30** ATP 500, Astana Open, singles final, replay from Nur-Sultan, Kazakhstan **11.30** National Provincial Championship, quarter-final 4, replay **1.30am** The Breakdown **2.30** Rugby Nation **3.00** Gallagher Premiership, Wasps v Northampton Saints, replay from Coventry Building Society Arena **5.00** Premier League, Manchester City v Southampton, replay from Etihad Stadium, Manchester

Sky Sport 2 SKY 052

6.00 ATP 500, Japan Open, semi-final 1, replay from Ariake Coliseum, Tokyo **7.30** World Grand Prix Darts, final, from Morningside Arena, Leicester, **live** **9.30** Australia v West Indies, 1st T20, highlights **10.00** ATP 500, Japan Open, doubles final, replay **Noon** ATP 500, Japan Open Review **1.00** ATP 500, Astana Open, singles final, replay from Nur-Sultan, Kazakhstan **3.00** ATP 500, Astana Open, day 7, highlights **4.00** ATP 500, Astana Open Review **5.00** Football, National Women's League, Auckland United v Canterbury United Pride, replay from Keith Hay Park, Auckland **7.00** ATP 500, Japan Open, singles final, replay from Ariake Coliseum, Tokyo **9.00** ATP 500, Japan Open Review **10.00** ATP 250, UniCredit Firenze Open, day 1, from Palazzo Wanny, Florence, **live**

Sky Sport 3 SKY 053

6.00 Premier League, West Ham United v Fulham, replay from London Stadium **8.00** Premier League, Crystal Palace v Leeds, replay from Selhurst Park, Croydon **10.00** India v South Africa, 2nd ODI, replay from Jharkhand State Cricket Association Stadium, Ranchi **6.00** Australia v West Indies, 1st T20, highlights **6.30** Australia v West Indies, 2nd T20, highlights **7.00** Australia v England, 1st T20, highlights **7.30** India v South Africa, 2nd ODI, highlights **8.00** Australia v England, 1st T20, replay from Perth Stadium **12.00am** 2016 ICC World Twenty20, India v Black Caps, highlights **12.30** 2016 ICC World Twenty20, England v West Indies, replay from Mumbai, India **4.00** India v South Africa, 2nd ODI, replay from Jharkhand State Cricket Association Stadium, Ranchi



Dramatisation: **THE FIRST LADY**

A bold concept not entirely realised, but what performances from Viola Davis, Michelle Pfeiffer and Gillian Anderson, who play Michelle Obama, Betty Ford and Eleanor Roosevelt. The idea is to highlight each FLOTUS as an extraordinary woman in her own right, beginning with their paths to the White House. The series makes it clear that all the First Ladies had to fight to be themselves: “They want to turn me into a black Martha Stewart?” says Davis’s Obama. “I will pick my team, choose my causes, understood?” The downside is disconcerting time jumps that make the 10-episode show tricky to keep up with. **PRIME, 8.30pm**



Drama: **ALL AMERICAN**

The show about a promising student football player (loosely based on NFL player Spencer Paysinger) has been a hit with fans and critics – and has been nominated for several NAACP awards, to boot. In season five, Spencer (Daniel Ezra) faces conflicts with his old life and his girlfriend Olivia’s (Samantha Logan) journalistic endeavours. **TVNZ+**

TVNZ 1	TVNZ 2	THREE
FREEVIEW 1 SKY 001	FREEVIEW 2 SKY 002	FREEVIEW 3 SKY 003
6.00 Breakfast (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather. 9.00 Unbeatable (G, HD, C) Jason Manford hosts a UK quiz show. 10.00 Tipping Point (G, R, HD, C) Ben Shephard hosts a UK quiz show. 11.00 The Chase (G, R, HD, C) Bradley Walsh hosts a UK quiz show. Noon 1 News (HD, C) 12.30 Emmerdale (PG, HD, C, AD) It remains to be seen whether Harriet has done enough to cancel the wedding, Paddy is in the dog house, and the locals edge closer to breaking point. 1.30 Hollyoaks (PG, C, AD) The McQueens are furious at Goldie for giving Yazz an exclusive chat about Silas, fearing it will draw attention to them and lure him back to the village. 2.00 The Repair Shop (G, R, HD, C, AD) UK series in which expert craftspeople restore treasured items. 3.00 Tipping Point (G, C) Ben Shephard hosts a UK quiz show. 4.00 Te Karere (HD) A Māori perspective on the day’s news and current affairs. 4.30 Heathrow: Britain’s Busiest Airport (G, R, HD, C, AD) UK series following some of the 77,000 workers at Heathrow Airport. 5.00 The Chase (G, R, C) Bradley Walsh hosts a UK quiz show. 6.00 1 News (HD, C) 7.00 Seven Sharp (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment. 7.30 Eat Well for Less? (PG, HD, C, AD) Chris Bavin and Jordan Banjo help UK families shop better. Tonight, Chris and Jordan try to help a family with triplets cook from scratch, waste less food and save money. s8ep6 8.45 Documentary NZ: Beyond Conversion (M, HD, C, AD) Local documentary about the fight to ban conversion therapy. 9.45 Coronation Street (PG, C, AD) 10.45 1 News (HD, C) 11.15 Shortland Street (PG, R, C, AD) Three’s a crowd for Maeve and Nicole, something’s bugging Madonna, and Ngaio makes a move. 11.45 Sunday (C) Miriama Kamo presents current affairs. 12.45am I Am (M, R, HD, C, AD) 1.35 Te Karere (R, HD) 2.00 Infomercials 5.35 – 6.00 Te Karere (R, HD)	6.00 Les Mills Born to Move (G, R, HD, C) 6.25 Kiri and Lou (G, R, HD, C, AD) 6.30 Maia the Brave (G, R, HD, C, AD) 6.40 Takaro Tribe (G, R, HD, C, AD) 6.55 Darwin & Newts (G, R, HD, C, AD) 7.05 Powerpuff Girls (G, R, HD, C) 7.30 Wacky Races (G, R, HD, C) 7.50 Teen Titans Go! (G, R, HD, C) 8.15 Gus – the Itsy Bitsy Knight (HD, C) s1ep13 8.25 Mighty Little Bheem (G, R, HD, C) 8.35 Sesame Street (G, HD, C) 9.00 Infomercials 9.30 Les Mills BodyCombat (G, R, HD, C) 10.05 The Drew Barrymore Show (PG, C) 10.30 Home and Away (PG, R, C) 11.00 Shortland Street (PG, R, HD, C, AD) 11.30 Smash (PG, HD, C) s1ep4 12.30 Celebrity Treasure Island (PG, R, C, AD) 1.30 Rich Holiday Poor Holiday (G, R, HD, C, AD) s1ep2 2.30 The Drew Barrymore Show (PG, C) 3.00 Will & Grace (PG, R, C) s2ep5 3.30 The Feed (PG, HD, C) 5.00 The Simpsons (PG, R, HD, C, AD) s32ep15 5.30 Friends (G, R, HD, C) s1ep17 6.00 The Big Bang Theory (PG, R, HD, C, AD) s7ep24 6.30 Home and Away (PG, HD, C) Felicity gives Tane hope for their future, and Nikau learns Heather’s real identity. 7.00 Shortland Street (PG, HD, C, AD) Three’s a crowd for Maeve and Nicole, something’s bugging Madonna, and Ngaio makes a move. 7.30 Celebrity Treasure Island (C, AD, another episode screens tomorrow) Jesse is forced to pick a side, and the choosing of a new captain threatens to tear one team apart. 8.30 Hunted Australia (M, HD, C, AD) An ATM withdrawal by the Fugitives leads the Hunters to canvass nearby streets. s1ep3 9.30 Australian Survivor: Blood v Water (M, HD, C) Someone’s game begins to heat up. 11.10 CSI: Crime Scene Investigation (16, HD, C) s6ep17 1.00am Killer Cops (16, HD, C) s1ep4 1.45 Emmerdale (PG, R, HD, C, AD) 2.10 Infomercials 3.05 Grey’s Anatomy (PG, R, HD, C) s17ep4 3.50 Heroes (M, R, HD, C) s3ep22 4.35 Hollyoaks (PG, R, HD, C, AD) 5.00 – 6.00 Infomercials	6.00 AM With Ryan Bridge and Melissa Chan-Green. 9.00 Infomercials 10.30 Gold Rush (PG, R, C) 11.30 Newshub Live Noon The Office Mix Up (2020, PG, R, C) Kate Mansi, Matthew Lawrence. 2.00 Cutthroat Kitchen (G, C) 3.00 Outrageous Acts of Science (PG, C) How to get a tattoo from a machine, build an engine from paper, and make a giant homemade swing. 4.00 Bath Crashers (G, C) 4.30 Newshub Live 5.00 Gold Rush (PG, C) 6.00 Newshub Live 7.00 The Project With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett. 7.30 Lego Masters Australia (G, C) Hamish Blake presents a Lego competition series, with judge Ryan “The Brickman” McNaught. Tonight, teams attempt a stunt vehicle that must travel up a ramp and soar through a ring of fire, clear nine Lego school buses and explode on the ground. s4ep2 8.45 Emergency (M, C) A surfer has had a heart attack on the water. s3ep2 9.50 Newshub Late 10.20 The Hui (C) With Mihingarangi Forbes. 10.55 Newshub Nation (R, C) With Simon Shepherd and Rebecca Wright. 12.00am Infomercials 5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.
		FREEVIEW 10 SKY 004 6.00 Infomercials 8.00 Kids’ Programmes (C) 9.40 Addicted to Fishing (PG, R, C) 10.10 Kids Say the Darndest Things (PG, R, C) 11.10 The Unicorn (PG, R, C) 11.35 Judge Judy (PG) Noon JK’s Japan (PG, R, C) 1.00 Traffic Cops (PG, R, C) 2.00 The Late Show (PG, R) 3.00 Wheel of Fortune (G) 3.30 Jeopardy (G) 4.00 American Pickers (PG, R) 5.00 WhichCar (G, R, C) 5.30 Prime News 6.00 Storage Wars (PG, R, C) 7.00 Pawn Stars (PG) 7.30 American Pickers (PG, R) 8.30 The First Lady (16, C) US series about Eleanor Roosevelt, Betty Ford and Michelle Obama. 9.40 The Flight Attendant (16, C) In Rome, Cassie deals with her sudden feelings of loss. 10.40 The Breakdown (G) 11.45 The Late Show with Stephen Colbert (PG) 1.00am – 6.00 Infomercials

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.00 Tribe (G, R)
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Fusion Feasts (G, R)
10.30 Toi Te Ora (G, R)
11.00 Homesteads (G)
11.30 Indigenous 100 (G, R)
Noon Te Ao Tapatahi
12.30 ■ RBG (2018, PG, R)
Documentary.
2.20 ■ Yes to Success (PG)
2.30 Ako (G, R)
3.00 Kids' Programmes
6.00 Haka Ngahau ā-Rohe:
Rangitane (G, R) Rangitāne,
from Fielding.
6.30 Te Ao Mārama
7.00 Up 2 (G) Matua Parkinson
catches up with former NZ
Māori captain Deon Muir.
7.30 Karena and Kasey's Kitchen
Diplomacy (G) Karena and
Kasey visit Shanghai.
8.00 Moon Tide Fishing (PG)
Nore is in his home town
of Mitimiti to run a two-
day fishing competition for
charity.
8.30 Wild Wars Australia (G)
Nature series about the
battle for life in Australia.
9.30 Wild Kai Legends (M, R)
With Tāmami Rimene-Sproat.
10.00 Fighting Chance (PG, R)
10.30 Piri's Tiki Tour (PG) With Piri
Weepu.
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.30 DUKEbox Music
10.55 Beat the Chef (G, R, HD, C)
11.50 Two and a Half Men (PG, R,
HD, C) s7ep2
12.15 Everybody Hates Chris (PG,
R, HD, C)
12.35 River Monsters (PG, R, HD, C)
1.35 Star Trek Discovery (PG, HD,
C) s3ep13
2.40 Hunting Aotearoa (PG, R, HD)
3.10 Heavy Rescue 401 (G,
R, HD)
4.00 The Chase Australia (G, C)
4.55 ABC World News (PG)
5.15 Taste of Australia with
Hayden Quinn (G, HD, C)
5.45 Abandoned Engineering (G,
R, HD, C)
6.35 Two and a Half Men (PG, R,
HD, C) s7ep3
7.00 Everybody Hates Chris (PG,
R, HD, C)
7.30 The Simpsons (PG, R, HD, C)
s21ep10
8.30 ■ Vantage Point (2008,
M, R, HD, C, AD) Forest
Whitaker, Zoe Saldana.
10.10 ■ Casino (1995, 18, R, HD,
C, AD) Robert De Niro, Joe
Pesci, Sharon Stone.
1.20am - 1.40 ABC World News
(PG, R)



Film: CASINO

"There's no plot at all," Martin Scorsese famously said of his Mafia in Vegas film. "There's a lot of action, a lot of story, but no plot." *Casino* did hold the record for the most f-words (435), but it was broken by *The Wolf of Wall Street* - also directed by Scorsese.

TVNZ DUKE, 10.10pm

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter
Sun (G, R)
12.40 Shark Tank (PG, R)
1.35 Million Dollar Listing LA
(PG, R)
2.30 Love It or List It (G, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter
Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 Rich Kids, Skint Holidays
(PG) 24-year-old
globetrotter Celine is sent
camping in Wales with a
family of seven.
8.30 The Real Housewives of
Beverly Hills (M)
9.30 Botched (PG) A 21-year-
old ravaged by a predatory
doctor looks for a second
chance.
10.30 Snapped (M)
11.30 The Killer Affair (M, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Jamie's Super Food (G, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Greatest Hotels (PG, R)
1.00 Richard Hammond (PG, R)
2.00 Shipping Wars (PG, R)
2.30 Border Security Aus (PG, R)
3.00 My Cat from Hell (PG)
4.00 Islands to Highlands (G)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Extreme Animal Transport
(PG)
7.30 It's Me or the Dog UK (PG)
8.00 Newshub Live
8.30 Undercover Billionaire (PG)
9.30 Lost and Found (PG)
10.30 Extreme Animal Transport
(PG, R)
11.00 It's Me or the Dog UK (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier
(PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Fast N' Loud (PG, R)
8.30 Men, Women, Wild (PG, R)
9.20 Mysteries of the Deep
(PG, R)
10.10 NASA's Unexplained Files
(PG, R)
11.00 Alaska: The Last Frontier
(PG, R)
11.50 Fast N' Loud (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Treehouse Masters (PG, R)
4.00 Men, Women, Wild (PG, R)
4.50 Alaska: The Last Frontier
(PG, R)
5.40 Treehouse Masters (PG)
6.35 Fast N' Loud (PG)
7.30 100 Days Wild (PG)
8.25 Edge of Alaska (M)
9.20 Deadliest Catch (M)
10.15 Alaska: The Last Frontier
(PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

SKY PREMIERE

SKY 030

- 8.10 Spider-Man: No Way Home
(2021, M) Tom Holland,
Benedict Cumberbatch
10.35 Come Play (2020, M) Azhy
Robertson, Gillian Jacobs
12.10 The Unholy (2021, M) Jeffrey
Dean Morgan, Cricket Brown
1.50 The Current Occupant
(2020, 16) Barry Watson
3.15 Land (2021, M) Robin Wright,
Demian Bichir
4.45 Blue Bayou (2020, M) Justin
Chon, Alicia Vikander
6.40 Gunpowder Milkshake (2021,
16) When a child is targeted,
an assassin reunites with her
mother to take down a crime
syndicate. Karen Gillan, Lena
Headey
8.30 Respect (2021, M) Based on
the story of singer Aretha
Franklin and her journey
to find her voice. Jennifer
Hudson, Forest Whitaker
10.55 This Is the Night (2021, 16)
A teenager living in Staten
Island in 1982 embarks on a
quest that draws in his whole
family. Lucius Hoyos, Frank
Grillo
12.45am The Nest (2020, 16) 2.30
Gully (2021, 18) 3.55 Wrath of Man
(2021, 16) 5.55 2 Hearts (2020, M)

MOVIES CLASSICS

SKY 034

- 6.15 The Sailor Who Fell from
Grace with the Sea (1976, 18)
Kris Kristofferson
7.57 Rebel Without a Cause
(1955, M) James Dean
9.45 The Blue Lagoon (1980, M)
Brooke Shields
11.28 The King of Comedy (1983,
PG) Robert De Niro
1.13 Pancho Villa (1972, PG) Telly
Savalas, Clint Walker
2.41 Jubal (1956, PG) Glenn Ford,
Ernest Borgnine
4.19 The Basketball Diaries (1995,
16) Leonardo DiCaprio
6.00 The Color Purple (1985, PG)
An African-American woman
living in the Jim Crow South
survives abuse and bigotry.
Whoopi Goldberg, Danny
Glover
8.30 Invasion of the Body
Snatchers (1978, M) A San
Francisco health inspector
discovers people are being
replaced by alien replicas.
Donald Sutherland, Jeff
Goldblum
10.25 Fright Night (1985, M)
Roddy McDowall
12.10am Bullitt (1968, M) 2.00 It's a
Mad, Mad, Mad, Mad World (1963,
G) 4.30 Robinson Crusoe (1954, G)

RIALTO

SKY 039

- 7.15 War of the Worlds (16)
s2ep5
8.10 Night of the Kings (2020, M)
Bakary Kone
9.45 Quacks (M) s1ep1&2
10.50 Werewolves Within (2021,
16) Sam Richardson
12.25 Hunters (16) s2ep3&4
2.05 The Night (2020, M) Shahab
Hosseini
3.50 Three Summers (2019, PG)
Regina Case
5.25 The Killing of Two Lovers
(2020, M) Clayne Crawford,
Sepideh Moafi
6.50 The Mission (2022, M)
Finnish documentary.
8.30 War of the Worlds (M)
Sophia immerses herself in
videos recorded by a human
survivor. s2ep6
9.20 The Rose Maker (2020, M)
When times get tough, a
rose-grower is forced to hire
workers who know nothing
about gardening. Catherine
Frot
10.55 The Dissident (2020, M) US
documentary.
12.50am Quacks (M) s1ep3&4 1.50
The Night (2020, M) 3.35 Three
Summers (2019, PG) 5.10 The Killing
of Two Lovers (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s2ep2 **6.55** The Closer (M) s7ep7 **7.40** Major Crimes (M) s2ep10 **8.25** The Good Wife (M) s3ep9 **9.10** Covert Affairs (M) s4ep12 **9.55** Judge Judy (PG) **10.45** Ambulance (16) s8ep3 **11.55** Hospital (M) s1ep2 **1.05** Casualty 24/7 (M) s2ep6 **2.00** The Closer (M) s7ep7 **2.50** Major Crimes (M) s2ep10 **3.40** The Good Wife (M) s3ep9 **4.30** Judge Judy (PG) **5.30** Downton Abbey (M) s2ep2 **6.35** Covert Affairs (M) s4ep12 **7.30** The Equalizer (M) s1ep4 **8.30** Vera (M) Vera investigates a suspicious fire at a holiday park. s5ep1 **10.15** The Good Wife (M) s3ep9 **11.15** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (16) s10ep3 **10.10** Father Brown (PG) s6ep7 **11.00** Doc Martin (PG) s6ep7 **11.50** Midsomer Murders (M) s8ep4 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep6 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s26ep20 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Heartbeat (PG) Mason's personal feelings compromise his professional judgement when a local woman is murdered. s18ep16 **9.30** The Mallorca Files (PG) s1ep5 **10.25** Doc Martin (PG) s6ep7 **11.20** Midsomer Murders (M) s8ep4 **1.00am** Programmes continue

SoHo SKY 010

6.25 DMZ (16) s1ep2 **7.25** Condor (16) s2ep4 **8.15** Last Week Tonight with John Oliver (M) s9ep25 **8.50** Avenue 5 (M) s1ep4 **9.20** Insecure (16) s4ep3 **9.50** What We Do in the Shadows (16) s4ep8 **10.20** House of the Dragon (18) s1ep8 **11.30** The Man Who Fell to Earth (16) s1ep2 **12.25** Avenue 5 (M) s1ep4 **12.55** Insecure (16) s4ep3 **1.25** What We Do in the Shadows (16) s4ep8 **2.10** American Gigolo (18) s1ep4 **3.05** Last Week Tonight with John Oliver (M) s9ep25 **3.40** DMZ (16) s1ep2 **4.40** Silicon Valley (16) s6ep1 **5.15** Dave (16) s1ep7 **5.40** Britannia (18) s1ep2 **6.30** I Know This Much Is True (16) s1ep5 **7.30** Dublin Murders (16) s1ep6 **8.30** Yellowstone (16) s4ep7 **9.30** Industry (16) s2ep6 **10.30** The New Pope (16) s1ep7 **11.30** Lovecraft Country (18) s1ep7 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Escape to the Chateau **10.00** Grand Designs House of the Year (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Grand Designs New Zealand (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.45** Grand Designs House of the Year (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Salvage Hunters (PG) **9.30** Grand Designs UK (PG) **10.30** The Best House in Town (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Murder in the Heartland (M) **7.45** True Conviction (M) **8.35** Deadline: Crime with Tamron Hall (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** Where Murder Lies (M) **6.35** Evil Lives Here (M) **8.30** People Magazine Investigates (M) **9.30** House of Hammer Marathon (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.00 Bernard Haitink: The Enigmatic Maestro **7.30** Classical Destinations with Simon Callow **8.00** Quatuor Ebene: Beethoven String Quartets **9.30** Rankin's 2020 **10.00** Hugo: Les Misérables **11.00** The Great Pottery Throw Down **11.45** The Decisive Moment **Noon** Off Camera **1.00** Citizen Hearst **2.00** Bernard Haitink: The Enigmatic Maestro **3.30** Classical Destinations with Simon Callow **4.00** Angelin Preljocaj: Dancing the Invisible **5.00** William Holden: Between Shadow and Light **6.00** The Big Book Club **7.00** Stars of the Silver Screen: Telly Savalas **7.45** Music on the Road **8.00** The Prince's Master Crafters: The Next Generation (G) Blacksmithing. **8.45** Photos That Changed the World **9.35** Thomas Hardy: Fate, Exclusion & Tragedy **10.25** ■ Harry Birrell Presents Films of Love and War (2019, G) **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Dirty Jobs (PG) **11.15** Gold Rush: Dave Turin's Lost Mine (M) **12.10** Man Caves (PG) **12.35** How Do They Do It? (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Demolition Down Under (PG) **6.35** Gold Rush: The Dirt: The Hoffman Story (M) **7.30** Aussie Gold Hunters (PG) **8.30** Strange Evidence (M) **9.30** What on Earth? (PG) **10.30** Blowing Up History (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** Alaska: The Next Generation (PG) **8.30** Edge of the Unknown (PG) **9.00** Do or Die (PG) **9.30** Rescued (M) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Narco Wars: Chasing the Dragon (16) **3.30** World's Greatest Train Journeys from Above (PG) **4.30** César Millan: Better Human, Better Dog (PG) **5.30** Science of Stupid Marathon (M) **7.00** Edge of the Unknown (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.20 The Six Queens of Henry VIII (M) **7.15** Top 10 Treasures of Pompeii (PG) **8.10** Time Team **9.05** Myth Hunters (PG) **10.05** Time Team **11.05** The Secret Story of the Knights Templar (PG) **12.05** The Engineering That Built the World (PG) **1.00** History of Warfare (PG) **2.30** The War (M) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** Hindenburg: The Cover Up (PG) **8.30** Myths: Greatest Mysteries of Humanity (PG) **9.30** Hitler's Evil Science (16) **10.30** Race to Victory (M) **11.30** WWII's Most Daring Raids (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Expedition with Steve Backshall (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (M) **8.35** Earth from Space (PG) **9.30** Meet the Humans (PG) **10.25** The Dog Rescuers (PG) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** The Private Life of Plants (PG) **1.15** Earth from Space (PG) **2.10** Expedition with Steve Backshall (PG) **3.05** Incredible Journeys with Simon Reeve (PG) **4.10** Meet the Humans (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** Africa with Ade Adepitan (PG) **9.35** Louis Theroux: Life on the Edge (16) **10.35** The Private Life of Plants (PG) **11.25** Incredible Journeys with Simon Reeve (PG) **12.30am** Programmes continue



National Geographic: Science of Stupid Marathon, 5.30pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 Rugby, Gallagher Premiership, Bristol Bears v Exeter Chiefs, replay from Ashton Gate, Bristol **9.00** Gallagher Premiership, Bath v Gloucester, replay from the Recreation Ground, Bath **11.00** The Crowd Goes Wild **Noon** National Provincial Championship, quarter-final 2, highlights **12.15** National Provincial Championship, quarter-final 1, highlights **12.30** Premier League, Nottingham Forest v Aston Villa, replay from the City Ground, Nottinghamshire **2.30** Gallagher Premiership, round 5 highlights **3.30** National Provincial Championship, quarter-final 4, replay **5.30** Heartland Championship, Whanganui v Mid Canterbury, replay from Cooks Garden, Whanganui **7.30** Gallagher Premiership, round 5 highlights **8.30** Aotearoa Rugby Pod **9.30** The Back Page **10.30** National Provincial Championship, quarter-final 3, highlights **10.50** The Crowd Goes Wild **11.48** FIFA U-17 Women's World Cup, Young Football Ferns v Chile, from Pandit Jawaharlal Nehru Stadium, Margao, India, **live 2.00am** The Breakdown **3.00** Gallagher Premiership, Wasps v Northampton Saints, replay replay from Coventry Building Society Arena **5.00** Gallagher Premiership, Bristol Bears v Exeter Chiefs, replay from Ashton Gate, Bristol

Sky Sport 2 SKY 052

6.00 ATP 250, UniCredit Firenze Open, day 1, from Palazzo Wanny, Florence, **live 9.30** ATP 500, Astana Open Review **10.30** Premier League, Crystal Palace v Leeds, replay from Selhurst Park, Croydon **12.30** Premier League, Arsenal v Liverpool, replay from Emirates Stadium, London **2.30** Premier League, West Ham United v Fulham, replay from London Stadium **4.30** Premier League, Everton v Manchester United, replay from Goodison Park, Liverpool **6.30** Premier League, Nottingham Forest v Aston Villa, replay from the City Ground, Nottinghamshire **8.30** ATP 250, UniCredit Firenze Open, match of the day from Palazzo Wanny, Florence **10.00** ATP 250, UniCredit Firenze Open, day 2, from Palazzo Wanny, Florence, **live**

Sky Sport 3 SKY 053

6.00 Cricket, India v South Africa, 2nd ODI, replay **Noon** Australia v England, 1st T20, replay from Perth Stadium **4.00** 2016 ICC World Twenty20, England v West Indies, highlights **4.30** 2016 ICC World Twenty20, India v Black Caps, replay **8.00** India v South Africa, 1st ODI, highlights from Ekana Cricket Stadium, Lucknow **8.20** India v South Africa, 2nd ODI, highlights from Jharkhand State Cricket Association Stadium, Ranchi **8.50** India v South Africa, 3rd ODI, from Arun Jaitley Stadium, Delhi, **live 5.00am** 2016 ICC World Twenty20, Black Caps v Australia, highlights **5.30** 2016 ICC World Twenty20, England v South Africa, replay

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Unbeatable** (G, HD, C) Jason Manford hosts a UK quiz show.
- 10.00 Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.
- 11.00 The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- Noon 1 News** (HD, C)
- 12.30 Emmerdale** (PG, C, AD)
- 1.00 Fair Go** (R) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
- 1.30 Hollyoaks** (PG, C, AD) The McQueens' plan of getting Bobby to safety goes awry, and Silas returns to the village.
- 2.00 Coronation Street** (PG, R, C, AD)
- 3.00 Tipping Point** (G, C) Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere** (HD, C, AD) A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow: Britain's Busiest Airport** (G, R, HD, C, AD) UK series following some of the 77,000 workers at Heathrow Airport.
- 5.00 The Chase** (G, R, C) Bradley Walsh hosts a UK quiz show.
- 6.00 1 News** (HD, C)
- 7.00 Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Ant & Dec's Limitless Win** (G, HD, C, AD) Ant and Dec present a UK quiz show that gives contestants the chance to win limitless cash (includes Lotto at 8.20pm).
- 8.30 The Hotel Inspector** (PG, HD, C) UK series in which Alex Polizzi helps struggling hotels. Tonight, Alex heads to the seaside town of Shanklin on the Isle of Wight to visit father and daughter Philip and Kelly, who run Gracellie Hotel. s17ep2
- 9.30 Coronation Street** (PG, C, AD)
- 10.30 1 News** (HD, C)
- 11.00 Shortland Street** (PG, R, C, AD) Desdemona blames herself, and Leanne gets an eyeful.
- 11.30 Good Sam** (M, HD, C) US medical drama series. Tonight, when a gunshot victim is rushed to the ER, it triggers flashbacks to Griff's shooting. s1ep5
- 12.25am Under the Dome** (M, HD, C) s2ep10
- 1.10 Te Karere** (R, HD)
- 1.35 Infomercials**
- 5.30 - 6.00 Te Karere** (R, HD)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move** (G, R, HD, C)
- 6.25 Kiri and Lou** (G, R, HD, C, AD)
- 6.30 Maia the Brave** (G, R, HD, C, AD)
- 6.40 Takaro Tribe** (G, R, HD, C, AD)
- 6.55 Darwin & Newts** (G, R, HD, C, AD)
- 7.05 Powerpuff Girls** (G, R, HD, C)
- 7.30 Wacky Races** (G, R, HD, C)
- 7.50 Teen Titans Go!** (G, R, HD, C)
- 8.10 Gus - the Itsy Bitsy Knight** (G, HD, C) s1ep14
- 8.20 Mighty Little Bheem** (G, R, HD, C)
- 8.35 Sesame Street** (G, HD, C)
- 9.00 Infomercials**
- 9.30 Les Mills BodyAttack** (G, R, HD, C)
- 10.05 The Drew Barrymore Show** (PG, C)
- 10.30 Home and Away** (PG, R, HD, C)
- 11.00 Shortland Street** (PG, R, HD, C, AD)
- 11.30 Smash** (PG, HD, C) s1ep5
- 12.30 Celebrity Treasure Island** (PG, R, C, AD)
- 1.30 Rich Holiday Poor Holiday** (G, R, HD, C, AD) s1ep3
- 2.30 The Drew Barrymore Show** (PG, C)
- 3.00 Will & Grace** (PG, R, C) s2ep6
- 3.30 The Feed** (PG, HD, C)
- 5.00 The Simpsons** (PG, R, HD, C, AD) s32ep16
- 5.30 Friends** (G, R, HD, C) s1ep18
- 6.00 The Big Bang Theory** (PG, R, HD, C, AD) s8ep1
- 6.30 Home and Away** (PG, C) Marilyn confesses to a crime.
- 7.00 Shortland Street** (PG, HD, C, AD) Desdemona blames herself, and Leanne gets an eyeful.
- 7.30 Celebrity Treasure Island** (PG, C, AD) Celebrities reach breaking point and some are left scrambling to shore up alliances.
- 8.30 Taskmaster** (16, C, AD) An excited Alex Horne supervises a task about admin. s14ep2
- 9.30 FBoy Island NZ** (16, C, AD) Local reality show in which three Kiwi women search for the guy of their dreams. s1ep1
- 11.30 Have You Been Paying Attention?** (M, R, C)
- 12.25am Guilty Party** (16, HD, C) s1ep6
- 1.00 Rutherford Falls** (PG, HD, C) s1ep6
- 1.25 Emmerdale** (PG, R, C, AD)
- 1.50 Infomercials**
- 2.45 Grey's Anatomy** (M, R, HD, C) s17ep5
- 3.30 Heroes** (PG, R, HD, C) s3ep23
- 4.15 Bob Hearts Abishola** (G, R, HD, C) s3ep7
- 4.35 Hollyoaks** (PG, R, HD, C, AD)
- 5.00 - 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush** (PG, R, C)
- 11.30 Newshub Live**
- Noon Time Capsule** (2018, PG, R, C) High school friends reunite to dig up their time capsule. Shane Harper, Penelope Mitchell.
- 2.00 Cutthroat Kitchen** (G, C)
- 3.00 Outrageous Acts of Science** (PG, C)
- 4.00 Bath Crashers** (G, C)
- 4.30 Newshub Live**
- 5.00 Gold Rush** (PG, C)
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 Nadia's Farm** (G, C) Nadia and Carlos plant sunflowers at Royalburn Station for the first time, and Carlos embarks on his dream of making a Royalburn beer from their barley.
- 8.30 David Lomas Investigates** (PG, R, C) David Lomas uncovers new information in the search for the parents of a newborn baby abandoned in a Palmerston North phone box 57 years ago.
- 9.35 Sort Your Life Out UK** (PG, C) Stacey Solomon and her team help families transform their homes. s1ep1
- 10.45 Newshub Late**
- 11.15 Ghosts of Shepherdstown** (PG, C)
- 12.15am Infomercials**
- 5.30 - 6.00 AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes** (C)
- 9.40 Addicted to Fishing** (PG, R, C)
- 10.10 Kids Say the Darndest Things** (PG, R, C)
- 11.10 The Unicorn** (PG, R, C)
- 11.35 Judge Judy** (PG)
- Noon Weather Gone Viral** (PG, R, C)
- 1.00 Traffic Cops** (PG, R, C)
- 2.00 The Late Show** (PG, R)
- 3.00 Wheel of Fortune** (G)
- 3.30 Jeopardy** (G)
- 4.00 American Pickers** (PG, R)
- 4.55 The Hui** (G, C)
- 5.30 Prime News**
- 6.00 Sky Speed** (G)
- 6.30 Storage Wars** (PG, R, C)
- 7.00 Pawn Stars** (PG)
- 7.30 Constellation Cup Live** Silver Ferns v Australia Diamonds, game 1, live from Auckland.
- 9.00 Ambulance** (16, C) UK series.
- 10.00 Stacey Dooley Investigates** (M, C)
- 11.10 The Late Show with Stephen Colbert** (PG)
- 12.30am - 6.00 Infomercials**

**Factual: SORT YOUR LIFE OUT UK**

The one where Stacey Solomon – well, the show's unfortunate worker bees – lay out the contents of a family's home in a warehouse and it's impossible to understand how it all fitted into one house, unless it was a Tardis. Clutter is a peculiarly modern affliction, but "living in clutter is making us miserable", says Solomon, who claims she loves to organise, upcycle and declutter. "I can't describe the joy that it brings me." While some of the recycling information is UK-specific, Solomon says that decluttering saves money in the long run, as being able to see what you've got "stops you unnecessarily buying the same things again and again".

THREE, 9.35pm**Netball: CONSTELLATION CUP LIVE**

OMG, more international sport. This will be the 12th Constellation Cup series between the Silver Ferns and Australia; game 1 of 4 tonight from Auckland. It is preceded at 5.00pm by the NZ Men v Australia Men, the Kiwi netballers' first international televised fixture.

PRIME, 7.30pm and SKY SPORT 1, 7.00pm

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Karena and Kasey's Kitchen Diplomacy (G, R)
10.30 Toi Te Ora (G)
11.00 Piri's Tiki Tour (PG, R)
11.30 Moon Tide Fishing (PG)
Noon Te Ao Tapatahi
12.30 Up 2 (G, R)
1.00 Wild Wars Australia (G, R)
2.00 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
5.00 Te Wānanga o Aotearoa Sprints (R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Rangitāne (G, R) Rangitāne, from Fielding.
6.30 Te Ao Mārama
7.00 Lifted (G) Riapo Panapa, reveals the stories behind the Kiwi tracks that are dominating our airwaves. Tonight, Tipene.
7.30 5 Minutes of Fame (PG) Amateur singers go head-to-head for a shot at fame.
8.30 Legally Blonde (2001, PG, R) A broken-hearted sorority queen follows her boyfriend to law school after he dumps her. Reese Witherspoon, Luke Wilson, Selma Blair, Matthew Davis.
10.45 Sidewalk Karaoke (PG, R)
10.45 - 11.15 Te Ao Mārama (R)

Travel: THE MISADVENTURES OF ROMESH RANGANATHAN

We blame Richard Ayoade for the not-travel travel series – the ones where hosts pretend to dislike travel – and here's Romesh Ranganathan in season three of his show visiting unlikely destinations, in this case Sierra Leone and Romania. **EDEN, 8.30pm**



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.35 Million Dollar Listing LA (PG, R)
2.30 Love It or List It (G, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Hoarders (PG, R)
7.30 999: What's Your Emergency? (M) In South Yorkshire, a mother asks police to take her 15-year-old into custody.
9.30 911 Crisis Center (M) Matt must help a youngster threatened with a knife and a panicked caller with a baby struggling to breathe.
10.00 Snapped (M)
11.00 The Killer Affair (M, R)
11.50 The Circus (PG, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Islands to Highlands (G, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Lost and Found (PG, R)
1.00 Undercover Billionaire (PG, R)
2.00 Extreme Animal Transport (PG, R)
2.30 It's Me or the Dog UK (PG, R)
3.00 My Cat from Hell (PG)
4.00 Rachel Khoo's Chocolat! (G)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Shipping Wars (PG)
7.30 Border Security Aus (PG)
8.00 Newshub Live
8.30 The Misadventures of Romesh Ranganathan (M)
9.40 Aussie Salvage Squad (PG)
10.40 Shipping Wars (PG, R)
11.10 Border Security Aus (PG, R)
11.40 Flea Market Flip (G)
12.10am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Fast N' Loud (PG, R)
8.30 100 Days Wild (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Fast N' Loud (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Treehouse Masters (PG, R)
4.00 100 Days Wild (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Fast N' Loud (PG)
7.30 Building Off the Grid: White Mountain (G)
8.25 Building Alaska (G)
9.20 Homestead Rescue (PG)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.15 DUKEbox Music
10.35 Extreme E (PG, R)
11.05 Tom Kerridge BBQs (G, R, HD, C)
11.55 Two and a Half Men (PG, R, HD, C) s7ep3
12.20 Everybody Hates Chris (PG, R, HD, C)
12.45 River Monsters (PG, R, HD, C)
1.40 Star Trek Discovery (PG, R, HD, C) s4ep1
2.40 Hunting Aotearoa (PG, R, HD)
3.05 Heavy Rescue 401 (G, R, HD)
4.00 The Chase Australia (G, C)
4.50 ABC World News (PG)
5.15 Taste of Australia with Hayden Quinn (G, HD, C)
5.40 Abandoned Engineering (G, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C) s7ep4
7.00 Everybody Hates Chris (PG, R, HD, C)
7.30 The Simpsons (G, R, HD, C)
8.30 Police: Hour of Duty (16, HD)
9.30 Disasters Engineered (G, HD, C) s2ep8
10.30 The Buildings That Fought Hitler (G, R, HD, C)
11.30 Grimm (M, HD) s2ep6
1.05am - 1.30 ABC World News (PG, R)

SKY PREMIERE

SKY 030

- 7.40 Six Minutes to Midnight (2021, M) Eddie Izzard
9.20 Blackbird (2019, M) Susan Sarandon, Sam Neill
11.00 Last Night in Soho (2020, 16) Anya Taylor-Joy
12.55 Antlers (2021, 16) Keri Russell, Jesse Plemons
2.35 Belfast (2021, M) Jamie Dornan, Caitriona Balfe
4.15 Dear Evan Hansen (2021, M) Ben Platt, Kaitlyn Dever
6.40 Chaos Walking (2021, M) In a world of men where all creatures can hear each other's thoughts, a young man discovers a woman who has crash-landed. Tom Holland, Daisy Ridley
8.30 Halloween Kills (2021, 16) Michael Myers once again comes for members of the Haddonfield community. Jamie Lee Curtis, Nick Castle
10.15 Venom: Let There Be Carnage (2021, M) Tom Hardy, Woody Harrelson
11.50 Scream (2022, 16) Neve Campbell, Courtney Cox
1.45am Antlers (2021, 16) 3.25 Escape Room: Tournament of Champions (2021, M) 5.00 The Little Things (2021, M)

MOVIES CLASSICS

SKY 034

- 6.00 Goodfellas (1990, 16) Robert De Niro, Ray Liotta
8.20 The Human Factor (1979, M) Nicol Williamson
10.12 Anzio (1968, PG) Robert Mitchum, Peter Falk
12.05 Halloween (1978, 16) Jamie Lee Curtis, Donald Pleasence
1.35 Forever Young (1992, PG) Mel Gibson, Jamie Lee Curtis.
3.15 Malcolm X (1992, M) Denzel Washington, Angela Bassett
6.30 Interview with the Vampire (1994, 16) A journalist sits down with a 200-year-old vampire to hear his epic story of love, betrayal, loneliness and hunger. Brad Pitt, Tom Cruise
8.30 Paths of Glory (1957, PG) An officer defends a group of soldiers who refused to attack an enemy position. Kirk Douglas, Ralph Meeker
10.00 Dead Man Walking (1995, 16) Based on the story of Sister Helen Prejean and her work with a death row killer. Sean Penn, Susan Sarandon, Robert Prosky
12.00am The Doors (1991, 16) 2.20 The Battle of Britain (1969, PG)
4.30 Cape Fear (1991, 16)

RIALTO

SKY 039

- 6.35 The Mission (2022, M) Finnish documentary.
8.15 War of the Worlds (M) s2ep6
9.05 The Rose Maker (2020, M) Catherine Frot
10.40 The Dissident (2020, M) US documentary.
12.35 Hunters (M) s2ep5&6
2.10 Identifying Features (2020, 16) Mercedes Hernandez
3.50 The Cat Rescuers (2018, M) US documentary.
5.15 Help (2021, M) Stephen Graham, Jodie Comer
6.55 The Trick (2021, M) Based on the story of the Climategate hack in 2009. Jason Watkins, George MacKay, Victoria Hamilton
8.30 The Return: Life After ISIS (2021, 16) Spanish/UK documentary about a group of so-called Isis brides who are now desperate to return home.
10.05 John and the Hole (2021, M) Michael C Hall
11.50 Sputnik (2020, 16) Oksana Akinshina
1.45am Quacks (M) s1ep5&6 2.50 Identifying Features (2020, 16) 4.30 Help (2021, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s2ep3 **6.55** The Closer (M) s7ep8 **7.40** Major Crimes (M) s2ep11 **8.25** The Good Wife (M) s3ep10 **9.10** Covert Affairs (M) s4ep13 **9.55** Judge Judy (PG) **10.45** Vera (M) s5ep1 **12.30** The Equalizer (M) s1ep4 **1.25** The Closer (M) s7ep8 **2.20** Major Crimes (M) s2ep11 **3.20** The Good Wife (M) s3ep10 **4.20** Judge Judy (PG) **5.20** Downton Abbey (M) s2ep3 **6.30** Covert Affairs (M) s4ep13 **7.30** Frayed (M) s2ep6 **8.30** The Cleaning Lady (M) Thony attempts to sever ties with the crime syndicate, but when Luca's health declines, she crosses a moral line. s1ep2 **9.30** Garrow's Law (M) An irritated Garrow defends a man who is clearly guilty. **10.45** The Good Wife (M) s3ep10 **11.45** Judge Judy (PG) **12.15am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s11ep1 **10.10** Father Brown (PG) s6ep8 **11.00** Doc Martin (PG) s6ep8 **11.50** Midsomer Murders (M) s8ep5 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep7 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s26ep21 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Guilt (M) Angie and Jake's burgeoning, but complex, relationship hits a problem. s1ep3 **9.40** Holby City (M) Donna tries to shelter Xavier from his mother's erratic behaviour. s21ep25 **10.45** We Hunt Together (16) s1ep1 **11.35** Midsomer Murders (M) s8ep5 **1.15am** Programmes continue

SoHo SKY 010

6.25 Strike Back (18) s7ep5 **7.15** I Know This Much Is True (16) s1ep5 **8.15** Dublin Murders (16) s1ep6 **9.15** Yellowstone (16) s4ep7 **10.10** Industry (16) s2ep6 **11.05** The New Pope (16) s1ep7 **12.05** Lovecraft Country (18) s1ep7 **1.05** Strike Back (18) s7ep5 **1.55** Dublin Murders (16) s1ep6 **2.55** Yellowstone (16) s4ep7 **3.50** Industry (16) s2ep6 **4.45** Silicon Valley (16) s6ep2 **5.15** Dave (16) s1ep8 **5.45** Britannia (18) s1ep3 **6.30** House of the Dragon (18) s1ep8 **7.40** The Great (M) s1ep9 **8.35** American Gigolo (18) s1ep5 **9.35** Phoenix Rising (18) Documentary in which Evan Rachel Wood tells her story of domestic violence and campaign for justice. s1ep1 **10.50** Real Time with Bill Maher (M) s20ep30 **11.50** What We Do in the Shadows (16) s4ep8 **12.20am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Grand Designs UK (PG) **10.00** Salvage Hunters (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** The Best House in Town (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.45** Salvage Hunters (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Love Your Garden (PG) **9.30** Gardening Australia (PG) **10.30** Back in Time for Dinner (PG) **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** True Conviction (M) **7.45** Crimes Gone Viral (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** People Magazine Investigates (M) **6.35** Reasonable Doubt (M) **7.30** Evil Lives Here (M) **8.30** True Conviction (M) **9.30** Deadline:

Crime with Tamron Hall (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.25 ■ Harry Birrell Presents Films of Love and War (2019, G) **8.00** Angelin Preljocaj: Dancing the Invisible **9.00** William Holden: Between Shadow and Light **10.00** The Big Book Club **11.00** Stars of the Silver Screen **11.45** Music on the Road **Noon** The Prince's Master Crafters: The Next Generation **12.45** Photos That Changed the World **1.35** Thomas Hardy: Fate, Exclusion & Tragedy **2.25** ■ Harry Birrell Presents Films of Love and War (2019, G) **4.00** Rachmaninoff Piano Concertos 1 & 2 **5.45** Beethoven: The Piano Trios Concert 2 **7.20** RCO: Sir Antonio Pappano Conducts Beethoven & Schumann **8.35** Valery Gergiev Conducts the Münchner Philharmoniker **9.55** Mozart Week 2021: Opening Concert **11.45** The Decisive Moment **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Strange Evidence (M) **11.15** What on Earth? (PG) **12.10** Man Caves (PG) **12.35** How It's Made (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Demolition Down Under (PG) **6.35** Deadliest Catch (M) **8.30** Dirty Jobs (M) **9.30** Moonshiners (M) **10.30** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Science of Stupid (M) **7.00** Edge of the Unknown (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Wicked Tuna (PG) **3.30** Aussie Snake Wranglers (PG) **4.00** Outback Wrangler (PG) **4.30** Lost Treasures of Rome (PG) **5.30** Lost Treasures of the Maya (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** World's Greatest Train Journeys from Above (PG) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** Decades Remixed: The 80s Greatest (PG) **11.00** Edge of the Unknown (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.25 Hitler's Evil Science (16) **7.25** Race to Victory (M) **8.25** Time Team **9.25** Myth Hunters (PG) **10.25** Time Team **11.25** Hindenburg: The Cover Up (PG) **12.25** Myths: Greatest Mysteries of Humanity (PG) **1.25** History of Warfare (PG) **2.30** The War (M) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** The Unexplained (PG) **8.30** Abandoned Engineering (PG) **9.30** Ancient Superstructures (PG) **10.30** D-Day Lost Films (M) **12.15am** Programmes continue

BBC Earth SKY 074

6.00 Expedition with Steve Backshall (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Earth from Space (PG) **9.30** Meet the Humans (PG) **10.25** The Dog Rescuers with Alan Davies (PG) **11.10** 24 Hours in A&E (PG) **Noon** Mindful Earth (PG) **12.30** The Private Life of Plants (PG) **1.20** Earth from Space (PG) **2.15** Expedition with Steve Backshall (PG) **3.10** Indian Ocean with Simon Reeve (M) **4.10** Meet the Humans (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Meet the Bears (PG) **9.30** The Trials of Life (PG) **10.30** The Private Life of Plants (PG) **11.20** Indian Ocean with Simon Reeve (M) **12.25am** Programmes continue



SoHo: Britannia, 5.45pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 National Provincial Championship, quarter-final 1, replay **9.00** National Provincial Championship, quarter-final 4, replay **11.00** National Provincial Championship, quarter-final 2, replay **1.00** The Crowd Goes Wild **2.00** Aotearoa Rugby Pod **3.00**, Heartland Championship, Whanganui v Mid Canterbury, replay **5.00** Constellation Cup Curtain-raiser, NZ Men v Australia Men, game 1, from Spark Arena, Auckland, **live 7.00** Constellation Cup, Silver Ferns v Australia, game 1, from Spark Arena, Auckland, **live 9.30** Spirit of Sport **10.00** Constellation Cup Curtain-raiser, NZ Men v Australia Men, game 1, replay **12.00am** Constellation Cup, Silver Ferns v Australia, game 1, replay **2.00** ATP Uncovered **2.30** Premier League, Nottingham Forest v Aston Villa, replay **4.30** Heartland Championship, Whanganui v Mid Canterbury, replay

Sky Sport 2 SKY 052

6.00 ATP 250, UniCredit Firenze Open, day 2, from Palazzo Wanny, Florence, **live 9.30** ATP 500, Japan Open Review **10.30** World Grand Prix Darts, final, replay **12.30** The Back Page **1.30** FIFA U-17 Women's World Cup, Morocco v Brazil, replay **3.30** FIFA U-17 Women's World Cup, Germany v Nigeria, replay **5.30** FIFA U-17 Women's World Cup, Young Football Ferns v Chile, replay **7.30** Pacific Brothers & Sisters **8.00** Gallagher Premiership, round 5 highlights **9.00** Premier League, Chelsea v Wolverhampton Wanderers **9.15** Premier League, West Ham United v Fulham **9.30** Premier League, Arsenal v Liverpool **9.45** Premier League, Manchester City v Nottingham Forest **10.00** Premier League, Crystal Palace v Leeds **10.15** Premier League, Nottingham Forest v Aston Villa **10.30** ATP 250, UniCredit Firenze Open, day 2, match of the day **12.00am** ATP 250, UniCredit Firenze Open, day 3, from Palazzo Wanny, Florence, **live**

Sky Sport 3 SKY 053

6.00 2016 ICC World Twenty20, England v South Africa, replay **9.00** Australia v England, 1st T20 **9.30** India v South Africa, 2nd ODI **10.00** India v South Africa, 3rd ODI, replay **6.00** 2021 ICC Men's T20 World Cup, semi-final 1, Black Caps v England **6.30** 2021 ICC Men's T20 World Cup, semi-final 2, Pakistan v Australia **7.00** 2021 ICC Men's T20 World Cup, final, Black Caps v Australia **7.30** India v South Africa, 3rd ODI **8.00** Australia v England, 1st T20 **8.30** Australia v England, 2nd T20, from Manuka Oval, Canberra, **live 1.00am** 2021 ICC Men's T20 World Cup, England v West Indies **1.30** 2021 ICC Men's T20 World Cup, India v Pakistan **2.00** 2021 ICC Men's T20 World Cup, England v Australia, replay **5.30** 2021 Women's Big Bash League, Brisbane Heat v Adelaide Strikers



Factual: SUE PERKINS: PERFECTLY LEGAL

This has been a while coming – Sue Perkins was halfway through shooting this series for Netflix in South America when the pandemic brought everything to a halt in 2020 and was only able to finish it several months ago. Slightly insultingly, Netflix describes this series as Perkins confronting “middle age head-on” by taking a walk on the wild side. The English comic and presenter has had a reputation as a bit of a goody-goody, but here she is touring Latin America in search of “the most bizarre, unusual and shocking activities”, which happen to actually be legal in the countries she visits.

NETFLIX



Miniseries: NOTRE-DAME

There's some scarily effective (we assume) computer-generated effects in this French miniseries that dramatises the shocking fire in Paris's legendary Notre-Dame Cathedral in 2019. The story is told through several characters, including a soon-to-be retired fire chief and a news anchor.

NETFLIX

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD, C)** Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Unbeatable (G, HD, C)** Jason Manford hosts a UK quiz show.
- 10.00 Tipping Point (G, R, HD, C)** Ben Shephard hosts a UK quiz show.
- 11.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PG, C, AD)**
- 1.00 Attitude (G, R, C, AD)** After a motorbike accident left outdoor enthusiast Ryan paralysed, he adapted with a change in career and is now planning for his wedding day.
- 1.30 Hollyoaks (PG, C, AD)** Silas sets Olivia a deadly task: to bring him Bobby or he will kill Mercedes, Leela and Ste put James through his paces at the gym, and Dave jumps to Diane's rescue.
- 2.00 Coronation Street (PG, R, C, AD)**
- 3.00 Tipping Point (G, C)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow: Britain's Busiest Airport (G, R, HD, C, AD)** UK series following some of the 77,000 workers at Heathrow Airport.
- 5.00 The Chase (G, R, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 The Great Kiwi Bake Off (PG, C, AD)** Hayley Sproull and Pax Assadi host a baking competition series, with judges Peter Gordon and Jordan Rondel. Tonight, The remaining three bakers battle it out in the final. s4ep8
- 9.00 Hard Quiz (PG, HD, C)** Tom Gleeson presents an Australian quiz show. Tonight's topics are the Zimbabwe cricket team, Pokémon, the wreck of the Batavia, and Absolutely Fabulous.
- 9.35 Coronation Street (PG, C, AD)**
- 10.35 1 News (HD, C)**
- 11.05 Shortland Street (PG, R, C, AD)** TK and Esther face off, Jack stresses to impress, and Dawn suffers for her sin.
- 11.40 For Life (PG, HD, C)** s2ep2
- 12.35am 20/20 (R, C)** With Carolyn Robinson.
- 1.20 Te Karere (R, HD)**
- 1.45 Infomercials**
- 5.35 – 6.00 Te Karere (R, HD)**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move (G, R, HD, C)**
- 6.25 Kiri and Lou (G, R, HD, C, AD)**
- 6.30 Maia the Brave (G, R, HD, C, AD)**
- 6.40 Takaro Tribe (G, R, HD, C, AD)**
- 6.55 Darwin & Newts (G, R, HD, C, AD)**
- 7.05 Powerpuff Girls (G, R, HD, C)**
- 7.30 Wacky Races (G, R, HD, C)**
- 7.50 Teen Titans Go! (G, R, HD, C)**
- 8.15 Gus – the Itsy Bitsy Knight (G, HD, C)** s1ep15
- 8.25 Mighty Little Bheem (G, R, HD, C)**
- 8.35 Sesame Street (G, HD, C)**
- 9.05 Infomercials**
- 9.30 Les Mills Core (G, R, HD, C)**
- 10.05 The Drew Barrymore Show (PG, C)**
- 10.30 Home and Away (PG, R, C)**
- 11.00 Shortland Street (PG, R, HD, C, AD)**
- 11.35 Smash (PG, HD, C)** s1ep6
- 12.30 Celebrity Treasure Island (PG, R, C, AD)**
- 1.30 Rich Holiday Poor Holiday (G, R, HD, C, AD)** s1ep4
- 2.30 The Drew Barrymore Show (PG, C)**
- 3.00 Will & Grace (PG, R, C)** s2ep7
- 3.30 The Feed (PG, HD, C)**
- 5.00 The Simpsons (G, R, C, AD)** s32ep17
- 5.30 Friends (G, R, HD, C)** s1ep19
- 6.00 The Big Bang Theory (PG, R, HD, C, AD)** s8ep2
- 6.30 Home and Away (PG, C)** Marilyn lies to protect Heather.
- 7.00 Shortland Street (PG, HD, C, AD)** TK and Esther face off, Jack stresses to impress, and Dawn suffers for her sin.
- 7.30 Ten 7: Aotearoa (PG, C)** Local series about crime in Aotearoa.
- 8.00 Motorway Patrol (PG, HD, C, AD)** Kitten rescues, and a hot ride ends in flames.
- 8.30 Embarrassing Bodies (M, C)** UK medical series. Tonight, Dr Anand treats a woman whose nipple fell off, and Dr Jane meets a patient whose tonsils have had her rushing to A&E. s8ep3
- 9.30 SEAL Team (16, HD, C, AD)** Bravo must make a escape before they can put Venezuela in their rearview mirror. s5ep14
- 10.30 Ten 7: Aotearoa (PG, R, C)**
- 11.00 CSI: Crime Scene Investigation (16, HD, C)** s6ep19
- 12.50am Extant (M, C)** s2ep12
- 1.35 Emmerdale (PG, R, C, AD)**
- 2.00 Infomercials**
- 2.55 Grey's Anatomy (PG, R, HD, C)** s17ep6
- 3.40 Heroes (M, R, HD, C)** s3ep24
- 4.25 Hollyoaks (PG, R, C, AD)**
- 4.55 2 Tunes**
- 5.00 – 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush (PG, R, C)**
- 11.30 Newshub Live**
- Noon A Man for Every Month (2017, PG, R, C)** Carlson Young, Aaron Jakubenko.
- 2.00 Cutthroat Kitchen (G, C)**
- 3.00 Outrageous Acts of Science (PG, C)**
- 4.00 Bath Crashers (G, C)**
- 4.30 Newshub Live**
- 5.00 Gold Rush (PG, C)**
- 6.00 Newshub Live**
- 7.00 The Project With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.**
- 7.30 Love It or List It Australia (G, C)** Empty nesters John and Sharyn are tired of their dated home in St Ives Chase.
- 8.30 The Graham Norton Show (M, C)** Graham is joined by actors Rami Malek, Jamie Lee Curtis, David Tennant, Lydia West, and Robbie Williams chats and performs his single Lost. s30ep1
- 9.30 Get the Name Right (PG, C)** Local series about placenames. Tonight, Joe Daymond uncovers the Scottish roots of Dunedin, and Kara Rickard gets an understanding of the name Ōtepoti and the origins of Otago.
- 10.00 Newshub Late**
- 10.30 NCIS: Los Angeles (M, R, C)**
- 11.25 Breaking Amish (M, R, C)**
- 12.15am Infomercials**
- 5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.**

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes (C)**
- 9.35 Addicted to Fishing (PG, R, C)**
- 10.00 Cornwall with Simon Reeve (PG, R, C)**
- 11.10 The Unicorn (PG, R, C)**
- 11.35 Judge Judy (PG)**
- 12.05 Weather Gone Viral (PG, R, C)**
- 1.00 Traffic Cops (PG, R, C)**
- 2.00 The Late Show (PG, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 American Pickers (PG, R)**
- 5.00 Rural Delivery (G, C)**
- 5.30 Prime News**
- 6.00 Storage Wars (PG, R, C)**
- 7.00 Pawn Stars (PG)**
- 7.30 Michael Palin: Travels of a Lifetime (PG, R, C)**
- 8.30 A Question of Justice (16, C)** With Bryan Bruce.
- 9.30 Louis Theroux: Life on the Edge (18, R, C)**
- 10.35 The Crowd Goes Wild (PG)**
- 11.05 UFC on Sky (M)**
- 11.35 The Late Show with Stephen Colbert (PG)**
- 12.30am – 6.00 Infomercials**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Lifted (G, R)
10.30 Toi Te Ora (G, R)
11.00 5 Minutes of Fame (PG)
Noon Te Ao Tapatahi
12.30 **Legally Blonde** (2001, PG, R) Reese Witherspoon.
2.00 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
5.00 Te Wānanga o Aotearoa Sprints (R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Rangitāne (G, R)
6.30 Te Ao Mārama
7.00 Fresh (G)
7.30 Nanakia 2.0 (PG) Te Wehi Preston and Lyndsay Snowden team up with Eli Smith in Kawakawa.
8.00 Only in Aotearoa (PG, R) Comedy sketch show.
8.30 Rage Against the Rangatahi (PG) A Place to Stand.
9.00 Black Comedy (M) Sketch show featuring a cast of indigenous performers.
9.30 Redfern Now (M, R) Australian drama series following six Aboriginal families.
10.30 Colonial Combat (M, R)
10.45 The Adventures of Suzy Boon (PG, R)
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

6.00 On Duke Today
10.30 DUKEbox Music
11.05 Tom Kerridge BBQs (G, R, HD, C)
Noon Two and a Half Men (PG, R, HD, C) s7ep4
12.20 Everybody Hates Chris (PG, R, HD, C)
12.45 River Monsters (PG, R, HD, C)
1.40 Star Trek Discovery (PG, R, HD, C) s4ep2
2.35 Hunting Aotearoa (PG, R, HD)
3.05 Heavy Rescue 401 (PG, R, HD)
3.55 The Chase Aus (G, HD, C)
4.50 ABC World News (PG)
5.15 Taste of Australia (G, HD, C)
5.40 Abandoned Engineering (G, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C) s7ep5
7.00 Everybody Hates Chris (PG, R, HD, C)
7.30 The Simpsons (PG, R, HD, C)
8.30 Outback Car Hunters (G, HD, C) s1ep7
9.30 Secrets of the Supercars (G, HD, C) s1ep8
10.30 NZ Hunter Adventures (M, R, HD, C) s8ep7
11.45 The Russell Howard Hour (16, R)
12.45am - 1.05 ABC World News (PG, R)



THURSDAY OCTOBER 13

Musical: IN THE HEIGHTS

The movie of the musical that launched Lin-Manuel Miranda's career. *In the Heights* won four Tonys and has been staged from Peru to Denmark and Miranda's vision comes full circle with the movie, directed by Jon M Chu (*Crazy Rich Asians*).

SKY MOVIES PREMIERE, 6.10pm

BRAVO

FREEVIEW 4 SKY 012

6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Hoarders (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.35 Million Dollar Listing LA (PG, R)
2.30 Love It or List It (G, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Hoarders (PG, R)
7.30 Rich Listers NZ (PG) Local series following real estate agents with wealthy clients.
8.30 Below Deck Mediterranean (M) The crew pull together an over-the-top Olympic obstacle course for the guests.
9.40 A&E After Dark (M) A patient refuses to leave A&E after his treatment.
10.40 Snapped (M)
11.40 The Killer Affair (M, R)
12.30am - 6.00 Infomercials

SKY PREMIERE

SKY 030

7.10 Moonshot (2022, M) Cole Sprouse, Zach Braff
8.55 Crisis (2020, 16) Gary Oldman, Armie Hammer
10.55 Godzilla vs. Kong (2021, M) Alexander Skarsgard, Millie Bobby Brown
12.50 Dream Horse (2021, PG) Toni Collette
2.45 Together Together (2021, M) Ed Helms, Patti Harrison
4.20 The Conjuring 3: The Devil Made Me Do It (2021, 16) Patrick Wilson, Vera Farmiga
6.10 In the Heights (2021, PG) A bodega owner saves every penny from his daily grind as he imagines and sings about a better life. Anthony Ramos, Melissa Barrera
8.30 Moonfall (2022, M) A mysterious force sends the moon hurtling towards Earth. Halle Berry, Patrick Wilson
10.40 Mark Hunt: The Fight of His Life (2021, 16) Documentary about the MMA fighter, from childhood abuse to his triumph in the UFC
12.10am Charm City Kings (2020, 16) 2.10 Voyagers (2020, 16) 4.00 A Quiet Place Part II (2020, M) 5.35 Every Breath You Take (2021, 16)

EDEN

FREEVIEW 8 SKY 013

6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Rachel Khoo (G, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
10.55 Salvage Dawgs (G)
11.25 Flea Market Flip (G, R)
11.55 Aussie Salvage Squad (PG, R)
12.50 Romesh Ranganathan (PG, R)
2.00 Shipping Wars (PG, R)
2.30 Border Security Aus (PG, R)
3.00 My Cat from Hell (PG)
3.55 Bizarre Foods: Delicious Destinations (G)
4.25 Rick Stein's Cornwall (G)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Shipping Wars (PG)
7.25 Border Security Aus (PG)
8.00 Newshub Live
8.30 Bite Club (M)
9.30 Army Girls (16)
10.30 Shipping Wars (PG, R)
11.00 Border Security Aus (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

MOVIES CLASSICS

SKY 034

6.35 Rock'n'Roll High School (1979, M) PJ Soles, Vincent Van Patten
8.05 The Tall T (1957, G) Randolph Scott, Richard Boone
9.25 The People vs Larry Flynt (1996, 18) Woody Harrelson
11.35 Gandhi (1982, PG) Ben Kingsley, Om Puri
2.40 Kings Go Forth (1958, PG) Frank Sinatra, Tony Curtis
4.30 Philadelphia (1993, PG) Tom Hanks, Denzel Washington
6.35 The Fan (1996, 16) A baseball fan goes to extreme lengths to win the admiration of his sporting hero. Robert De Niro, Wesley Snipes
8.30 The Long Goodbye (1973, M) A laid-back private eye tries to help a friend who has been accused of murdering his wife. Elliott Gould, Sterling Hayden
10.25 Copycat (1995, 18) A psychologist and a detective work together to take down a serial killer copying killers from the past. Sigourney Weaver, Holly Hunter
12.25am The Bodyguard (1992, M)
2.30 Wyatt Earp (1994, M) 5.35 The Night of the Generals (1967, PG)

RUSH

FREEVIEW 14 SKY 024

6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Fast N' Loud (PG, R)
8.30 Building Off the Grid (G, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Fast N' Loud (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Treehouse Masters (PG, R)
4.00 Building Off the Grid (G, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Fast N' Loud (PG)
7.30 Inside West Coast Customs (PG)
8.25 Kindig Customs (PG)
9.20 Street Outlaws: No Prep Kings (M)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

RIALTO

SKY 039

6.10 The Trick (2021, M) Jason Watkins, George MacKay
7.45 The Return: Life After ISIS (2021, 16) Spanish/UK documentary.
9.20 John and the Hole (2021, M) Michael C Hall
11.05 Matua (2021, PG) Ngahiriwa Rauhina
11.25 Sputnik (2020, 16) Oksana Akinshina
1.20 The Man on the Island (2020, M) NZ documentary.
2.40 Inheritance (2020, 16) Lily Collins, Simon Pegg
4.30 The Mole: Undercover in North Korea (2020, M) Danish documentary.
6.35 The Furnace (2020, 16) Ahmed Malek
8.30 Rialto Documentary: I Am Sam Kinison (2017, 16) Canadian documentary about comic Sam Kinison.
10.05 The Speech (2020, M) Benjamin Lavernhe
11.35 Creating a Character: The Moni Yakim Legacy (2020, M) US documentary.
12.50am Fanny Lye Deliver'd (2019, 16) 2.45 Matua (2021, PG) 3.05 The Man on the Island (2020, M) 4.25 Inheritance (2020, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s2ep4 **6.55** The Closer (M) s7ep9 **7.40** Major Crimes (M) s2ep12 **8.25** The Good Wife (M) s3ep11 **9.10** Covert Affairs (M) **9.55** Judge Judy (PG) **10.45** The Cleaning Lady (M) s1ep2 **11.45** Garrow's Law (M) **1.00** Frayed (M) s2ep final **2.00** The Closer (M) s7ep9 **2.50** Major Crimes (M) s2ep12 **3.40** The Good Wife (M) s3ep11 **4.30** Judge Judy (PG) **5.30** Downton Abbey (M) s2ep4 **6.35** Covert Affairs (M) **7.30** Murdoch Mysteries (M) s15ep5 **8.30** Gentleman Jack (M) As the election of 1835 approaches, Anne Lister throws herself into furthering the Tory cause. s2ep5 **9.40** Big Little Lies (16) s1ep6 **10.45** The Good Wife (M) s3ep11 **11.45** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s11ep2 **10.10** Father Brown (PG) s6ep9 **11.00** Doc Martin (PG) s7ep1 **11.50** Midsomer Murders (M) s8ep6 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep8 **3.25** 8 Out of 10 Cats Does Countdown (16) **4.20** The Graham Norton Show (M) s28ep1 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** The Graham Norton Show (M) s29ep14 **9.30** The Jonathan Ross Show (PG) s18ep8 **10.25** The Mallorca Files (PG) s1ep5 **11.15** Midsomer Murders (M) s8ep6 **12.55am** Programmes continue

SoHo SKY 010

6.05 What We Do in the Shadows (16) s4ep8 **6.35** Betty (16) s1ep2 **7.05** House of the Dragon (18) s1ep8 **8.15** The Great (M) s1ep9 **9.10** American Gigolo (18) s1ep5 **10.05** Phoenix Rising (18) s1ep1 **11.20** Betty (16) s1ep2 **11.50** Real Time with Bill Maher (M) s20ep30 **12.50** House of the Dragon (18) s1ep8 **2.00** The House That Dragons Built (18) s1ep8 **2.25** The Great (M) s1ep9 **3.20** American Gigolo (18) s1ep5 **4.10** What We Do in the Shadows (16) s4ep8 **4.40** Silicon Valley (16) s6ep3 **5.10** Dave (16) s1ep9 **5.40** Britannia (18) s1ep4 **6.30** Industry (16) s2ep6 **7.30** Dave (16) s1ep10 **8.00** Atlanta (16) s4ep4 **8.30** Flatbush Misdeemeanors (16) s2ep4 **9.00** Shining Vale (M) When Pat's novel takes a gory turn, she is forced to confront Rosemary. s1ep4 **9.30** McMillion\$ (M) Documentary series. s1ep6 **10.30** A Million Little Things (M) s4ep7 **11.30** Westworld (18) s3ep7 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Gardening Australia (PG) **10.00** Love Your Garden (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Back in Time for Dinner (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.45** Love Your Garden (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Halloween Wars (PG) **9.30** All-Star Halloween Spectacular (PG) **10.30** Location Location Location Australia **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** House of Hammer Marathon (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** True Conviction (M) **6.35** Evil Lives Here (M) **8.30** Crimes Gone Viral (M) **9.30** Body Cam (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.45 The Decisive Moment **8.00** Rachmaninoff Piano Concertos 1 & 2 **9.45** Beethoven: The Piano Trios Concert 2 **11.20** RCO: Sir Antonio Pappano Conducts Beethoven & Schumann **12.35** Valery Gergiev Conducts the Münchner Philharmoniker **1.55** Mozart Week 2021: Opening Concert **3.45** The Decisive Moment **4.00** Talking Heads: Alan Bennett Monologues **4.40** Agatha Christie: 100 Years of Suspense **5.30** In the Making **6.00** Off Camera **7.00** Laura Ingalls Wilder: Prairie to Page (G) Documentary about the author whose novels helped shape American ideas of the frontier and self-reliance. **8.30** Video Killed the Radio Star: Adele **9.00** Vinyl Nation (2020, G) **10.30** Grayson's Art Club **11.15** The Decisive Moment **11.30** In the Making **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (M) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Deadliest Catch (M) **11.15** Great Southern Truckers (PG) **12.10** Man Caves (PG) **12.35** How It's Made (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Demolition Down Under (PG) **6.35** Aussie Gold Hunters (PG) **8.30** Hoffman Family Gold (M) **9.30** Gold Rush: Dave Turin's Lost Mine (M) **10.30** Homestead Rescue: Raney Ranch (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** World's Greatest Train Journeys from Above (PG) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** Decades Remixed: The 80s Greatest (PG) **11.00** Edge of the Unknown (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** César Millan: Better Human, Better Dog (PG) **3.30** Only in Oz (PG) **4.30** Food Factory (PG) **5.30** Edge of the Unknown (PG) **6.00** Aussie Snake Wranglers (PG) **6.30** World's Greatest Train Journeys from Above (PG) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Hitler's Last Stand (M) **9.30** Apocalypse: Hitler Takes on the East (M) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.20 Turning Point (M) **6.50** D-Day Lost Films (M) **8.35** Time Team **9.35** Myth Hunters (PG) **10.35** Time Team **11.35** The Unexplained (PG) **12.30** Abandoned Engineering (PG) **1.30** History of Warfare (PG) **2.30** The War (M) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering **7.30** Abandoned Engineering (PG) **8.30** The Black Files: Declassified (PG) **9.30** Ancient Aliens (PG) **10.30** The Secret of Skinwalker Ranch (PG) **11.30** Hitler's Most Wanted (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Expedition with Steve Backshall (PG) **6.50** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Great Barrier Reef (PG) **9.30** Meet the Humans (PG) **10.25** The Dog Rescuers with Alan Davies (PG) **11.10** 24 Hours in A&E (PG) **Noon** Mindful Earth (PG) **12.30** The Private Life of Plants (PG) **1.20** Great Barrier Reef (PG) **2.15** Expedition with Steve Backshall (PG) **3.05** Indian Ocean with Simon Reeve (M) **4.10** Meet the Humans (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** The Dog Rescuers with Alan Davies (PG) **9.20** Nature's Greatest Dancers (PG) Steve Backshall looks at the moves animals make in pursuit of romance. **10.25** The Private Life of Plants (PG) **11.15** Indian Ocean with Simon Reeve (M) **12.20am** Programmes continue



BBC Earth: Nature's Greatest Dancers, 9.20pm

SKY SPORT

Sky Sport 1 SKY 051

6.30 Constellation Cup Curtain-raiser, NZ Men v Australia Men, game 1, replay **8.30** Constellation Cup, Silver Ferns v Australia, game 1, replay **10.30** Rugby Nation **11.00** Aotearoa Rugby Pod **Noon** National Provincial Championship, quarter-final 4, replay **2.00** Heartland Championship, Whanganui v Mid Canterbury, replay **4.00** National Provincial Championship, quarter-final 3, replay **6.00** National Provincial Championship, quarter-final 3 **6.15** National Provincial Championship, quarter-final 4 **6.30** UFC on Sky **7.00** Mainfreight Rugby **8.00** Inside Netball **8.30** The Crowd Goes Wild, **live** **9.00** Mainfreight Rugby **10.00** UFC on Sky **10.30** Gallagher Premiership, Bath v Gloucester, replay **12.30am** Gallagher Premiership, Wasps v Northampton Saints, replay **2.30** National Provincial Championship, quarter-final 4, replay **4.30** National Provincial Championship, quarter-final 2, replay

Sky Sport 2 SKY 052

6.00 ATP Uncovered **6.30** UATP 250, UniCredit Firenze Open, day 2, match of the day **8.00** ATP 250, UniCredit Firenze Open, day 3, from Palazzo Wanny, Florence, **live** **10.00** ATP Uncovered **10.30** FIFA U-17 Women's World Cup, Young Football Ferns v Chile, replay **12.30** FIFA U-17 Women's World Cup, Morocco v Brazil, replay **2.30** National Provincial Championship, quarter-final 4, replay **4.30** The Back Page **5.30** Constellation Cup Curtain-raiser, NZ Men v Australia Men, game 1, replay **7.30** Constellation Cup, Silver Ferns v Australia, game 1, replay from Spark Arena, Auckland **9.30** Inside Netball **10.00** The Crowd Goes Wild **10.30** ATP 250, UniCredit Firenze Open, day 3, match of the day **12.00am** ATP 250, UniCredit Firenze Open, day 4, from Palazzo Wanny, Florence, **live**

Sky Sport 3 SKY 053

6.00 2021 Women's Big Bash League, Melbourne Renegades v Adelaide Strikers **6.30** 2021 Women's Big Bash League, Perth Scorchers v Adelaide Strikers **7.00** Australia v England, 2nd T20 **7.30** India v South Africa, 1st ODI **8.00** India v South Africa, 2nd ODI **8.30** India v South Africa, 3rd ODI **9.00** Australia v England, 1st T20, replay **1.00** Australia v England, 2nd T20, replay **5.00** 2021 Women's Big Bash League, Brisbane Heat v Adelaide Strikers **5.30** 2021 Women's Big Bash League, Melbourne Renegades v Adelaide Strikers **6.00** 2021 Women's Big Bash League, Perth Scorchers v Adelaide Strikers, replay **9.35** Women's Big Bash League, Brisbane Heat v Sydney Sixers, **live** **1.05am** Australia v England, 2nd T20 **1.35** 2016 ICC World Twenty20, semi-final 1, Black Caps v England **2.05** 2016 ICC World Twenty20, semi-final 2, India v West Indies **2.35** 2016 ICC World Twenty20, final, England v West Indies, replay

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD, C)** Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Unbeatable (G, HD, C)**
- 10.00 Tipping Point (G, R, HD, C)** Ben Shephard hosts a UK quiz show.
- 11.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PG, C, AD)**
- 1.00 Dog Squad Puppy School (G, R, HD, C, AD)** Local series following puppies as they train to become service dogs.
- 1.30 Hollyoaks (PG, C, AD)** The carnival comes to town, but the McQueens aren't celebrating as serial killer Silas has returned and kidnapped Mercedes.
- 2.00 Coronation Street (PG, R, C, AD)**
- 3.00 Tipping Point (G, C)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow: Britain's Busiest Airport (G, R, HD, C, AD)** UK series following some of the 77,000 workers at Heathrow Airport.
- 5.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 The Repair Shop (G, HD, C, AD)** UK series in which expert craftspeople restore treasured items.
- 8.30 The Dog House (G, HD, C, AD)** UK series in which dogs are matched with new owners. Tonight, bonded pair Poppy and Bron try to find a home, Chip the Pomeranian and Margaux the mongrel meet fine artist Ron, and Harry the Saluki is still looking for love. s3ep7
- 9.30 Hotel People (M, HD, C, AD)** The Grand Central is on high alert as a hotel inspector could arrive at any minute, and the Culloden has a new general manager determined to restore its five-star reputation. s1ep4
- 10.45 1 News (HD, C)**
- 11.15 Shortland Street (PG, R, C, AD)**
- 11.45 The Great British Sewing Bee (PG, R, C, AD)** s6ep8
- 1.00am Schitt's Creek (M, R, HD, C, AD)** s5ep13
- 1.45 Te Karere (R, HD)**
- 2.10 Infomercials**
- 5.30 - 6.00 Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move (G, R, HD, C)**
- 6.25 Kiri and Lou (G, R, HD, C, AD)**
- 6.30 Maia the Brave (G, R, HD, C, AD)**
- 6.40 Takaro Tribe (G, R, HD, C, AD)**
- 6.55 Darwin & Newts (G, R, HD, C, AD)**
- 7.05 Powerpuff Girls (G, R, HD, C)**
- 7.25 Wacky Races (G, R, HD, C)**
- 7.50 Teen Titans Go! (G, R, HD, C)**
- 8.10 Gus - the Itsy Bitsy Knight (G, HD, C)** s1ep1
- 8.20 Mighty Little Bheem (G, R, HD, C)**
- 8.35 Sesame Street (G, HD, C)**
- 9.00 Infomercials**
- 9.30 Les Mills Grit Cardio (G, R, HD, C)**
- 10.05 The Drew Barrymore Show (PG, C)**
- 10.30 Home and Away (PG, R, C)**
- 11.00 Shortland Street (PG, R, HD, C, AD)**
- 11.30 Smash (M, HD, C)** s1ep7
- 12.30 First Dates (PG, HD, C)**
- 1.30 Rich House, Poor House (G, R, HD, C, AD)**
- 2.30 The Drew Barrymore Show (PG, C)**
- 3.00 Will & Grace (PG, R, C)** s2ep8
- 3.30 The Feed (PG, HD, C)**
- 5.00 The Simpsons (PG, R, HD, C, AD)** s32ep18
- 5.30 Friends (G, R, HD, C)** s1ep20
- 6.00 The Big Bang Theory (G, R, HD, C, AD)** s8ep3
- 6.30 Home and Away (PG, C)** Dean cops Ziggy's pregnancy mood swings, and Mackenzie makes Justin an offer he can't refuse.
- 7.00 Shortland Street (PG, HD, C, AD)** Vili gets more than he bargained for, and Jack struggles with the new status quo.
- 7.30 The Voice Australia (G, HD, C)** Sonia Kruger hosts a singing competition, with coaches Keith Urban, Rita Ora, Guy Sebastian and Jessica Mauboy.
- 9.00 Have You Been Paying Attention? (C)** Hayley Sproull presents a topical comedy panel show.
- 10.00 Dinner Date (G, HD, C, AD)** UK dating show in which single people choose a date based on three meals cooked in their own home.
- 11.00 Ready to Mingle (16, HD, C)** s1ep11
- 12.00am Angelyne (16, HD, C)** US miniseries. s1ep1
- 12.55 Evil (16, HD, C)** s2ep9
- 1.45 Emmerdale (PG, R, C, AD)**
- 2.30 Infomercials**
- 3.30 Why Women Kill (16, R, HD, C)** s1ep1
- 4.20 Hollyoaks (PG, R, HD, C, AD)**
- 5.10 Call Me Kat (PG, R, HD, C)** s1ep4
- 5.35 - 6.00 2 Tunes**

THREE FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush (PG, R, C)**
- 11.30 Newshub Live**
- Noon Sisters of the Groom (2017, PG, R, C)** A guy persuades his neighbour to pretend to be his girlfriend for his brother's wedding. Melise Jow, Jeremy Sumpter, Savannah Jayde.
- 2.00 Cutthroat Kitchen (G, C)**
- 3.00 Outrageous Acts of Science (PG, C)**
- 4.00 Bath Crashers (G, C)**
- 4.30 Newshub Live**
- 5.00 Gold Rush (PG, C)** Highs and lows from the season.
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 Hunter Killer (2018, M, R, C)** When the Russian president is kidnapped by a rogue general, an American submarine captain and a group of US Navy Seals take it upon themselves to rescue him. Gerard Butler, Gary Oldman, Linda Cardellini, Common. **TV Films, page 69**
- 9.50 Newshub Late**
- 10.20 Expedition: Back to the Future (PG, C)** Josh Gates and Christopher Lloyd's hunt for the original DeLorean time machine takes an unexpected turn.
- 11.15 Funny Girls (M, R, C)** Local sketch comedy series.
- 11.45 Bath Crashers (G, R, C)**
- 12.10am - 6.00 Infomercials**

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes (C)**
- 9.35 Addicted to Fishing (PG, R, C)**
- 10.05 Cornwall with Simon Reeve (PG, R, C)**
- 11.15 The Unicorn (PG, R, C)**
- 11.40 Judge Judy (PG)**
- 12.05 Weather Gone Viral (PG, R, C)**
- 1.00 Traffic Cops (PG, R, C)**
- 2.00 The Late Show (PG, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 American Pickers (PG, R)**
- 5.00 Attitude (PG, C)**
- 5.30 Prime News**
- 6.00 Storage Wars (PG, R, C)**
- 7.00 Pacific Brothers & Sisters (G, C)** With Oscar Kightley.
- 7.30 Border Security: America's Front Line (PG, R, C)**
- 8.00 Hardcore Pawn: Chicago (PG, C)**
- 8.30 Pawn Stars (PG)**
- 9.30 RAW (PG)**
- 10.30 The Late Show (PG)**
- 11.30 How to Make It in America (M, C)**
- 12.00am - 6.00 Infomercials**

**Drama: SHANTARAM**

The story of a white man in India: hopefully, it doesn't fall into white saviour territory. To be fair, it is based on Gregory David Roberts' 2003 novel, which in turn was based on his own life as a heroin addict, bank robber and prison escapee. It's also set in the 1980s, when perhaps it was possible to obtain a false passport and disappear in Mumbai. *Sons of Anarchy's* Charlie Hunnam does a wobbly Australian accent to play Lin Ford (a false name), who ends up in the slums of Mumbai, opens a free health clinic, works for underworld crims, gets sent to the notorious Arthur Road Prison and smuggles weapons for the mujahideen.

**Fantasy: THE WINCHESTERS**

You can take the boy out of *Supernatural*, but ... Jensen Ackles executive produces and narrates this spin-off of the long-running series that tells the story of Mary and John Winchester (parents of Sam and Dean) in the 1970s and their career in monster-hunting.

NEON

WHAKAATA
MĀORI FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.00 Tribe (G, R)
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Lucky Dip (G, R)
10.30 Toi Te Ora (G, R)
11.00 Rage Against the Rangatahi (PG, R)
11.30 Lifted (G, R)
Noon Te Ao Tapatahi
12.30 Only in Aotearoa (PG, R)
1.00 Ka Pai Living (PG, R)
1.30 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
4.30 Tribe (G, R)
5.00 Te Wānanga o Aotearoa Sprints (R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Rangitāne (G, R)
6.30 Te Ao Mārama
7.00 Pacific Island Food Revolution (G, R) Three teams in Samoa face a difficult challenge.
8.00 Going Native (G, R) Drew Hayden Taylor explores the positive impacts of Native culture around the globe.
8.30 Intrepid Journeys (PG) Frank Bunce is in Egypt.
9.30 Moko (G, R) Moko kanohi wearers share their journey and their vision for the future.
10.00 The New Zealanders (G, R)
11.00 - 11.30 Te Ao Mārama (R)

TVNZDUKE FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.30 DUKEbox Music
11.05 Tom Kerridge BBQs (G, R, HD, C)
11.55 Two and a Half Men (PG, R, HD, C) s7ep5
12.20 Everybody Hates Chris (PG, R, HD, C)
12.45 River Monsters (PG, R, HD, C)
1.40 Star Trek Discovery (PG, R, HD, C) s4ep3
2.40 Hunting Aotearoa (G, R, HD)
3.10 Heavy Rescue 401 (PG, R, HD)
4.00 The Chase Aus (G, HD, C)
4.50 ABC World News (PG)
5.15 Taste of Australia (G, HD, C)
5.40 Abandoned Engineering (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C) s7ep6
7.00 Everybody Hates Chris (G, R, HD, C)
7.30 The Simpsons (G, R, HD, C) s21ep16
8.30 Family Guy (PG, R, HD, C, AD)
9.25 Nutty Professor II: The Klumps (2000, M, R, HD, C, AD) Eddie Murphy.
11.25 Friday Night Lights (PG, HD, C) s1ep8
1.05am - 1.25 ABC World News (PG, R)

Film: THE FUGITIVE

A great adaptation that was barely scripted: much of the dialogue was improvised and director Andrew Davies also took an "on the fly" approach to filming, especially the famous St Patrick's Day Parade scene in Davies' native Chicago.

SKY MOVIES CLASSICS, 6.20pm

BRAVO FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Hoarders (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.35 Million Dollar Listing LA (PG, R)
2.30 Love It or List It (G, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Hoarders (PG, R)
7.30 An Unexpected Killer (M, R) A 10-year police investigation finally unveils the killer of a young woman who was stabbed on a roadside.
8.30 Bridget Jones's Baby (2016, M, R, C) Fortysomething and single, Bridget discovers she is pregnant. Renée Zellweger, Colin Firth, Patrick Dempsey.
10.55 Snapped (M)
11.50 The Killer Affair (M, R)
12.40am - 6.00 Infomercials

SKY PREMIERE SKY 030

- 7.20 The Space Between (2021, M) Kelsey Grammar
9.00 Out of Death (2021, 16) Bruce Willis, Jaime King
10.35 Lake Placid: Legacy (2018, 16) Katherine Barrell
12.10 Kimi (2022, 16) Zoe Kravitz, Rita Wilson
1.40 The Courier (2020, M) Benedict Cumberbatch, Rachel Brosnahan
3.30 Juniper (2021, M) Charlotte Rampling, George Ferrier
5.02 Naked Singularity (2021, 16) John Boyega, Olivia Cooke
6.35 12 Mighty Orphans (2021, M) Based on the story of a gridiron team of orphans and their inspiring run towards the state championship during the Great Depression. Luke Wilson, Martin Sheen, Vinessa Shaw
8.30 Red Rocket (2021, 16) A washed-up porn star returns to his small Texas home town. Simon Rex, Suzanna Son TV Films, page 69
10.40 The Night House (2020, M) Rebecca Hall
12.25am Fatale (2020, 16) 2.05 Alone (2020, 16) 3.45 Land (2021, M) 5.15 The Fallout (2021, 16)

EDEN FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Bizarre Foods: Delicious Destinations (G, R)
8.35 Rick Stein's Cornwall (G, R)
9.05 Monument Mysteries (PG, R)
10.05 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Strip the City (PG)
2.00 Shipping Wars (PG, R)
2.30 Border Security Aus (PG, R)
3.00 My Cat from Hell (PG)
4.00 Jamie & Jimmy's Food Fight Club (PG, R)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 The Chase USA (PG)
8.00 Newshub Live
8.30 All Together Now UK (G) Rob Beckett and Geri Horner host a singing competition.
9.55 The Great Giveback with Melissa McCarthy (G)
10.55 The Chase USA (PG, R)
11.55 - 6.00am Infomercials

MOVIES CLASSICS SKY 034

- 7.55 Decision at Sundown (1957, M) Randolph Scott
9.10 All the President's Men (1976, 16) Dustin Hoffman, Robert Redford
11.25 Castle Keep (1969, M) Burt Lancaster, Patrick O'Neal
1.10 Sweet Smell of Success (1957, PG) Tony Curtis, Burt Lancaster
2.45 Reservoir Dogs (1992, 18) Harvey Keitel, Tim Roth
4.25 Natural Born Killers (1994, 18) Woody Harrelson, Juliet Lewis
6.20 The Fugitive (1993, M) After he is accused of murdering his wife, a doctor escapes custody to clear his name and find the real killer. Harrison Ford, Tommy Lee Jones
8.30 Bite the Bullet (1975, PG) A former roughrider matches wits with a shady lady as they compete in a horse race across the wild west. Gene Hackman, Candice Bergen
10.40 The Candidate (1972, PG) Robert Redford, Peter Boyle
12.30am Made in America (1993, PG) 2.20 Forever Young (1992, PG)
4.00 Waterloo (1970, G)

RUSH FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Fast N' Loud (PG, R)
8.30 Inside West Coast Customs (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Fast N' Loud (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Treehouse Masters (PG, R)
4.00 Inside West Coast Customs (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Fast N' Loud (PG)
7.30 Expedition Mungo (PG)
8.25 Expedition Unknown (PG)
9.20 NASA's Unexplained Files (PG)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

RIALTO SKY 039

- 6.15 The Mole: Undercover in North Korea (2020, M) Danish documentary.
8.20 The Furnace (2020, 16) Ahmed Malek
10.15 Matua (2021, PG) Ngahiriwa Rauhina
10.40 I Am Sam Kinison (2017, 16) Canadian documentary.
12.15 The Wedding Speech (2020, M) Benjamin Lavernhe
1.45 Crime + Punishment (2018, M) US documentary.
3.35 Manhunt: The Night Stalker (M) s2ep4
6.55 Blind Ambition (2021, M) Australian documentary about four Zimbabwean wine tasters.
8.30 Seems Like Old Times (1980, PG) A liberal lawyer tries to hide her ex-husband when he's wrongly accused of bank robbery. Chevy Chase, Goldie Hawn
10.10 State of the Union 2 (2022, M) Patricia Clarkson
11.55 Green (2021, M) Mark Mitchinson
12.15am The Hunt for a Killer Marathon (18) s1ep1-6 4.55 Green (2021, M) 5.15 Crime + Punishment (2018, M)



SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s2ep5 **6.55** The Closer (M) s7ep10 **7.40** Major Crimes (M) s2ep13 **8.25** The Good Wife (M) s3ep12 **9.10** Covert Affairs (M) s4ep15 **9.55** Judge Judy (PG) **10.45** Murdoch Mysteries (M) s15ep5 **11.40** Gentleman Jack (M) s2ep5 **12.50** Big Little Lies (16) s1ep6 **1.50** The Closer (M) s7ep10 **2.40** Major Crimes (M) s2ep13 **3.30** The Good Wife (M) s3ep12 **4.20** Judge Judy (PG) **5.20** Downton Abbey (M) s2ep5 **6.30** Covert Affairs (M) s4ep15 **7.30** Jamestown (16) s3ep3 **8.30** Medici: The Magnificent (16) s2ep2 **9.35** Outlander (18) s1ep15&16 **11.55** The Good Wife (M) s3ep12 **12.40am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s12ep1 **10.10** Father Brown (PG) s6ep10 **11.00** Doc Martin (PG) s7ep2 **11.50** Midsomer Murders (M) s8ep7 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep9 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (PG) s28ep2 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** Keeping Up Appearances (PG) s1ep2 **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** 8 Out of 10 Cats Does Countdown (M) **9.30** 8 Out of 10 Cats Does Countdown (M) **10.30** Hypothetical (M) s2ep7 **11.20** Midsomer Murders (M) s8ep7 **1.00am** Programmes continue

SoHo SKY 010

6.15 Westworld (18) s3ep7 **7.15** A Christmas Carol (16) s1ep2 **8.15** Industry (16) s2ep6 **9.15** Flatbush Misdemeanors (16) s2ep4 **9.45** Shining Vale (M) s1ep4 **10.15** McMillion\$ (M) s1ep6 **11.10** A Million Little Things (M) s4ep7 **11.55** Westworld (18) s4ep7 **12.50** Industry (16) s2ep6 **1.50** Dave (16) s1ep10 **2.20** Atlanta (16) s4ep4 **2.50** Flatbush Misdemeanors (16) s2ep4 **3.20** Shining Vale (M) s1ep4 **3.50** McMillion\$ (M) s1ep6 **4.45** Silicon Valley (16) s6ep4 **5.15** Dave (16) s1ep10 **5.45** Britannia (18) s1ep5 **6.30** Yellowstone (16) s4ep7 **7.30** The Vow (18) s1ep4 **8.30** A Discovery of Witches (M) s3ep5 **9.30** Impeachment: American Crime Story (16) The Office of the Independent Counsel holds Monica in a hotel room for 12 traumatising hours. s3ep6 **10.30** Avenue 5 (M) s1ep4 **11.00** Last Week Tonight with John Oliver (M) s9ep25 **11.35** American Gigolo (18) s1ep5 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** All-Star Halloween Spectacular (PG) **10.00** Halloween Wars (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Location Location Location Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.40** Halloween Wars (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Paramedics on Scene (PG) **9.30** Long Lost Family US (PG) **10.30** Grand Designs Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Still a Mystery (M) **7.45** Reasonable Doubt (M) **8.35** Crimes Gone Viral (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** Crimes Gone Viral (M) **6.35** Body Cam (M) **7.30** Evil Lives Here (M) **8.30** Reasonable Doubt (M) **9.30** Deadly Legacy (M) **10.30** Murder Comes to Town (M) **11.25**

Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Grayson's Art Club **7.15** The Decisive Moment **7.30** In the Making **8.00** Talking Heads: Alan Bennett Monologues **8.40** Agatha Christie: 100 Years of Suspense **9.30** In the Making **10.00** Off Camera **11.00** Laura Ingalls Wilder: Prairie to Page **12.30** Video Killed the Radio Star **1.00** Vinyl Nation (2020, G) **2.30** Grayson's Art Club **3.15** The Decisive Moment **3.30** In the Making **4.00** Hale County This Morning This Evening (2018, G) **5.15** The Decisive Moment **5.30** Immersive World **6.00** The Portrait of Toulouse Lautrec **7.00** Put Some Colour in Your Life **8.00** Wonderland (G) Documentary about the golden age of British children's literature. **9.00** Master Class **9.30** Daniel Day-Lewis: The Hollywood Genius **10.30** Portrait Artist of the Year **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Railroad Australia (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Hoffman Family Gold (M) **11.15** Aussie Gold Hunters (PG) **12.10** Man Caves (PG) **12.35** Pool Kings (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Gold Rush: Parker's Trail (PG) **5.40** Demolition Down Under (PG) **6.35** Great Southern Truckers (PG) **7.30** Hoffman Family Gold (M) **8.30** Aussie Gold Hunters (PG) **9.30** Dirty Jobs (M) **10.30** What on Earth? (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** World's Greatest Train Journeys from Above (PG) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Hitler's Last Stand (M) **9.30** Apocalypse: Hitler Takes on the East (M) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Ocean Wreck Investigation (PG) **3.30** Gordon Ramsay: Uncharted (PG) **5.30** Last of the Giants: Wild Fish (PG) **6.30** Hitler's Last Stand (M) **7.30** Aussie Snake Wranglers (PG) **8.00** Outback Wrangler (PG) **8.30** Inside the Mob's Bloody Valentine (M) **9.30** Air Crash Investigation (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Ancient Aliens (PG) **7.30** The Secret of Skinwalker Ranch (PG) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Abandoned Engineering **11.30** Abandoned Engineering (PG) **12.30** The Black Files: Declassified (PG) **1.30** History of Warfare (PG) **2.30** The War (M) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering (PG) **7.30** WWII: Witness to War (16) **8.30** Ten Mistakes (PG) **9.25** Stalin in Colour (M) **10.30** The Unexplained (PG) **11.30** Unsolved Mysteries of WWII (PG) **12.35am** Programmes continue

BBC Earth SKY 074

6.00 Expedition with Steve Backshall (PG) **6.50** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Great Barrier Reef (PG) **9.30** Meet the Humans (M) **10.25** The Dog Rescuers (PG) **11.10** 24 Hours in A&E (PG) **Noon** Mindful Earth (PG) **12.30** The Private Life of Plants (PG) **1.20** Great Barrier Reef (PG) **2.15** Expedition with Steve Backshall (PG) **3.10** Indian Ocean with Simon Reeve (M) **4.10** Meet the Humans (M) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are: Revisited (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Ade's Climate Pioneers (PG) **9.30** What Are We Feeding Our Kids? (PG) **10.30** Private Life of Plants (PG) **11.20** Indian Ocean with Simon Reeve (M) **12.25am** Programmes continue



SoHo: Last Week Tonight with John Oliver, 11.00pm

SKY SPORT

Sky Sport 1 SKY 051

6.30 UFC on Sky **7.00** Mainfreight Rugby **8.00** National Provincial Championship, quarter-final 3 **10.00** National Provincial Championship, quarter-final 1 **Noon** Gallagher Premiership, Bath v Gloucester **2.00** Gallagher Premiership, Bristol Bears v Exeter Chiefs **4.00** The Crowd Goes Wild **4.30** National Provincial Championship, quarter-final 1 **4.45** National Provincial Championship, quarter-final 2 **5.00** Gallagher Premiership, round 5 highlights **6.00** Mainfreight Rugby **7.00** National Provincial Championship, semi-final 1, **live** **9.00** Pacific Brothers & Sisters **9.30** Heartland Championship, Whanganui v Mid Canterbury **9.48** FIFA U-17 Women's World Cup, Young Football Ferns v Chile, replay **11.48** FIFA U-17 Women's World Cup, Young Football Ferns v Nigeria, from Pandit Jawaharlal Nehru Stadium, Margao, India, **live** **2.00am** Gallagher Premiership, Bath v Gloucester, replay **4.00** Aotearoa Rugby Pod **5.00** Pacific Brothers & Sisters **5.30** Rugby Nation

Sky Sport 2 SKY 052

6.00 Aotearoa Rugby Pod **7.00** UFC on Sky **7.30** Inside Netball **8.00** ATP 250, UniCredit Firenze Open, day 4, from Palazzo Wanny, Florence, **live** **10.00** Constellation Cup Curtain-raiser, NZ Men v Australia Men, game 1, replay **Noon** Constellation Cup, Silver Ferns v Australia, game 1, replay **2.00** World Grand Prix Darts, final, replay from Morningside Arena, Leicester **4.00** National Provincial Championship, quarter-final 1, replay **6.00** Gallagher Premiership, Bristol Bears v Exeter Chiefs, replay **8.00** Gallagher Premiership, Bath v Gloucester, replay **10.00** Spirit of Sport **10.30** ATP 250, UniCredit Firenze Open, day 4, match of the day **12.00am** ATP 250, UniCredit Firenze Open, day 5, from Palazzo Wanny, Florence, **live**

Sky Sport 3 SKY 053

6.30 2021 ICC Men's T20 World Cup, India v Pakistan **7.00** 2021 ICC Men's T20 World Cup, England v Sri Lanka **7.30** Australia v England, 2nd T20 **7.45** Women's Big Bash League, Brisbane Heat v Sydney Sixers **8.00** Australia v England, 1st T20 **8.30** Australia v England, 2nd T20 **9.00** Women's Big Bash League, Brisbane Heat v Sydney Sixers, replay **12.30** 2021 ICC Men's T20 World Cup, India v Black Caps, replay **4.30** Women's Big Bash League, Brisbane Heat v Sydney Sixers **4.50** Women's Big Bash League, Sydney Thunder v Hobart Hurricanes, **live** **8.30** Australia v England, 3rd T20, from Manuka Oval, Canberra, **live** **12.40am** Women's Big Bash League, Brisbane Heat v Sydney Sixers **1.00** Australia v England, 1st T20 **1.30** Australia v England, 2nd T20 **5.30** Women's Big Bash League, Brisbane Heat v Sydney Sixers, replay

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

rnz.co.nz/concert

NB: Programmes are subject to change

SATURDAY

News and Weather 6.00, 8.00, 9.00, noon
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **2.00** Worlds of Music with **Trevor Reekie** Trans-global, fusion and folk roots **3.00** RNZ Concert Afternoons **5.00** Inside Out with **Nick Tipping** Jazz favourites, standards and new releases **7.00** RNZ Concert Evenings **8.00** **Music Alive** Wellington Jazz Festival 2017: Secret Islands Quintet – A suite of original pieces from their album Secret Islands, in which they effortlessly assimilate the North American jazz tradition into a New Zealand context, Jim Langabeer (tenor saxophone, flute, taonga puoro), Roger Manins (alto sax), Chris O'Connor (drums, percussion), Rosie Langabeer (piano) and Paul Dyne (double bass). **9.30** **Sound Lounge** Contemporary music **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon
6.00 Sanctuary **7.30** Hymns on Sunday with Robyn Jaquiere **8.00** Grace Notes **9.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage A showcase of live performances from Aotearoa and around the world **3.00** **The Musical Omnivore with David Morriss** Including Vintage Years **5.00** **New Horizons with William Dart** Rock, pop, country, folk and beyond **6.00** **Opera on Sunday** WFMT Opera Series 2022: George Frideric Handel's Almira – Emőke



Emőke Baráth, *Opera on Sunday*, 6.00pm.

Baráth (Almira), Amanda Forsythe (Edilia), Colin Balzer (Fernando), Christian Immler (Consalvo), Zachary Wilder (Osman), Jesse Blumberg (Raymondo), Teresa Wakim (Bellante), Jan Kobow (Tabarco), Boston Early Music Festival Vocal and Chamber Ensembles, Paul O'Dette, Stephen Stubbs (dirs) (recorded at Bremen Broadcasting Hall, Germany) **9.00** Made in New Zealand **11.00** **New Music Dreams** Ryan Smith explores ambient and drone music **12.00am** Music Through the Night

MONDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** WCMT: Vesa and Friends – Beethoven: String Trio in E flat Op 3; Mozart: Horn Quintet in E flat K407; Beethoven: Sextet in E flat Op 81b, Vesa-Matti Leppänen (violin), Andrew Thomson (violin), Nicholas Hancox (viola), Andrew Joyce (cello), Samuel Jacobs & Shadley van Wyk (horns) (recorded in St Andrew's on The Terrace, Wellington) **10.00** Day's End **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** National Band of NZ: Virtuoso Brass, National Band of NZ/David Bremner (recorded in Dr John Gallagher Concert Chamber, Hamilton) **10.00** Day's End **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

rnz.co.nz

NB: Programmes are subject to change

SATURDAY

6.08 Storytime **6.55** News 2 Me **7.08** Country Life **8.10** Saturday Morning with Kim Hill **12.10** **Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30** **Tagata o te Moana** Pacific news, issues, information and music **6.06** **Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06** **Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06** **Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12** **Standing Room Only with Lynn Freeman** Including 1.10 At the Movies 2.05 The Laugh Track **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35** **Te Manu Korihi** Māori news and issues **6.06** **Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **6.50** Voices **7.04** **Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

MONDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** **Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Worlds of Music With Trevor Reekie **12.04am** All Night Programme

WEDNESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** **Nights with Karyn Hay** Information and entertainment **10.00** News at Ten **11.04** **Inside Out** Nick Tipping presents classic recordings and modern masterpieces from the world of jazz. **12.04am** All Night Programme

THURSDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** The Mixtape **12.04am** All Night Programme

Robett Hollis,
Today FM,
Saturday, noon.



Concert Evenings **8.00 Music Alive** Carnegie Hall Live 2022: Cleveland Orchestra – Walker: Sinfonia No 4, ‘Strands’; Szymanowski: Violin Concerto No 2; Schubert: Symphony No 9 in C D944, Great, Nikolay Szeps-Znaider (vln), Cleveland Orchestra/Franz Welser-Möst (recorded in Carnegie Hall, New York) **10.00** Day’s End **12.00am** Music Through the Night

THURSDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** APO: Magic & Mozart – Mendelssohn: A Midsummer Night’s Dream, Overture; Mozart: Piano Concerto No 21 in C K467; Schumann: Of Foreign Land and Peoples, from Scenes of Childhood Op 15; Brahms: Symphony No 1 in C minor Op 68, Alexander Gavrylyuk (piano), Auckland Philharmonia Orchestra/Giordano Bellincampi (recorded in Auckland Town Hall) **10.00** Day’s End **12.00am** Music Through the Night

FRIDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** NZSO 75th Jubilee **10.00** Day’s End **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY

6.00 Jamie McKay **7.00** D’Arcy Waldegrave **9.00** Jack Tame Noon Sportstalk **3.00** Tim Roxborough & Tim Beveridge **6.00** Roman Travers **12.00am** Jim Snedden

SUNDAY

6.00 Peter Wolfkamp **9.00** Francesca Rudkin Noon Sportstalk **3.00** Tim Roxborough & Tim Beveridge **6.00** Frank Ritchie & Jax van Buuren **7.30** John Cowan **8.00** Miles Davis **11.00** The Nutters Club **1.00am** Roman Travers

MONDAY-FRIDAY

5.00 Kate Hawkesby **6.00** Mike Hosking **9.00** Kerre Woodham Noon Simon Barnett & James Daniels (Andrew Dickens on Monday) **4.00** Heather du Plessis-Allan **7.00** Sportstalk **8.00** Marcus Lush **12.00am** Roman Travers/Tim Beveridge

Today FM todayfm.co.nz

SATURDAY

6.00 Nigel Yalden **9.00** WellBeings with Dominic Bowden Noon Robett Hollis **2.00** Sport with Marc Peard & John Day **6.00** Saturday Night Live

SUNDAY

6.00 Best of Tova & Lloyd Burr Live **7.00** Build & Design with Hamish Dodd & Stan Scott **9.00** Mel Homer Noon Dave Letele & Nats Levi **2.00** Graeme Hill **7.00** Podcast Playback **8.00** Polly Gillespie

MONDAY-THURSDAY

5.00 Rachel Smalley **6.30** Tova O’Brien **9.00** Duncan Garner Noon Leah Panapa & Mark Richardson **4.00** Lloyd Burr **7.00** Graeme Hill (Wilhelmina Shrimpton on Monday) **8.00** Polly Gillespie **12.00am** Today FM Late

FRIDAY

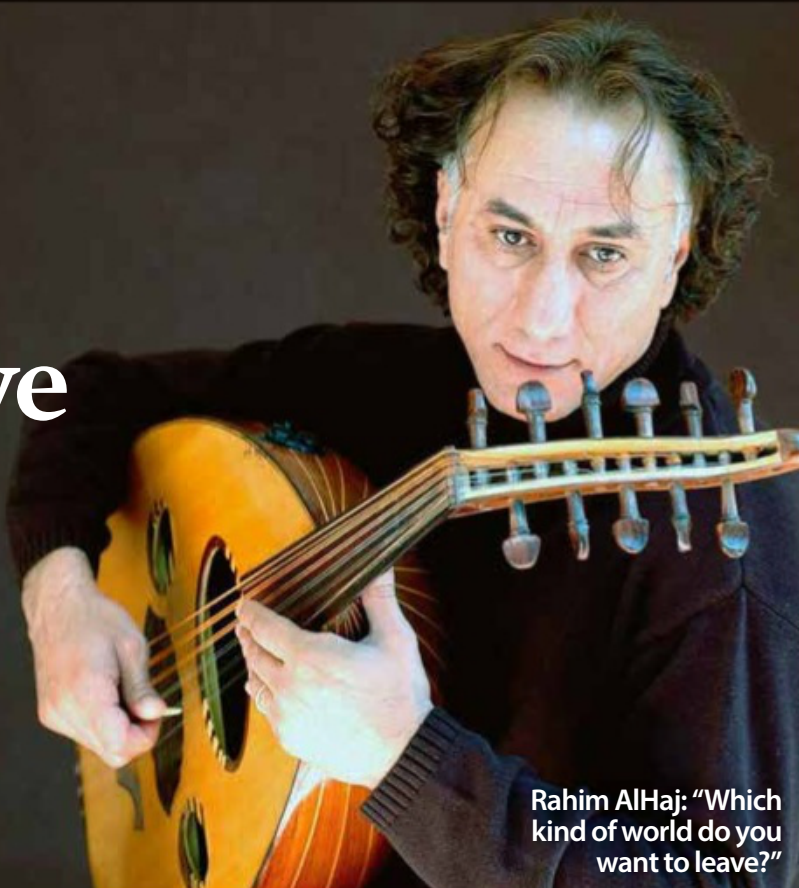
As above until evening **7.00** Podcast Playback **8.00** Friday Night Nickson **12.00am** Today FM Late

Classical

by RICHARD BETTS

Keeping hope alive

Oud composer Rahim AlHaj is writing for a joyous future.



Rahim AlHaj: “Which kind of world do you want to leave?”

If you ever need to put things into perspective, contemplate that by his early 30s Rahim AlHaj had twice been imprisoned and tortured by Saddam Hussein’s regime, fled his home country, Iraq, in fear for his life, and then fled Jordan, the country he’d escaped to, because Iraq’s secret police were on to him, only to swiftly exit Syria for the same reason. How’s your week going?

Now settled in the US, AlHaj unsurprisingly has complex feelings about the place of his birth. He’s posted some of them into *Letters from Iraq*, a work for oud – the Middle Eastern lute in which he is an expert – string quintet and percussion, which he performs throughout the country with the New Zealand String Quartet, double-bassist Joan Perarnau Garriga and percussionist Justin DeHart.

The letters are real, eight stories AlHaj has collected and transposed into music about the experiences of everyday people back home. These lamentations are a modern-day *Tales of the Arabian Nights*, each story told to stave off the horror of what might happen tomorrow. But although there’s a lot of violence in the letters – explosions, car bombs, death – you don’t hear that in the music, which is mostly mournful and reflective.

“I wanted to tell the story of the people,” AlHaj says, on the line from his home in Albuquerque, New Mexico. “The concentration is not on the violence, it’s the emotion of the people who lived through the event, so the music is always about the story itself, not my virtuosity or how good I am.”

AlHaj is very good indeed. He began

playing oud in primary school, fascinated by the sound and the feeling of the soft wood on an instrument a teacher had brought to class. He’s never lost that sense of enchantment.

“I’m still obsessed. I think if you’re not obsessed about your art, do something else.”

For all the sadness, fear and aching bundled into the music, *Letters from Iraq*

“The concentration is not on the violence, it’s the emotion of the people who lived through the event, so the music is always about the story itself.”

ends on an optimistic note. It’s a vision of a joyous Iraq of the future. Which better represents AlHaj? The mournfulness of most of the letters, or the hopefulness of the conclusion?

“We have to keep the hope alive,” he says. “Think about your family, your grandkids. You work hard and sacrifice yourself for them. Which kind of world do you want to leave? Hate, discrimination, racism? Or love, peace and compassion? It’s as simple as that.” ■

Letters from Iraq tours New Zealand from October 5-19, in association with Chamber Music New Zealand.

GREG
DIXON

Chook to perfection

A remarkable thing has happened. I have roasted a chicken. I washed it, patted it dry and filled its bum with a fragrant, buttery stuffing. I trussed the thing up and smeared it with butter. I basted it, then basted it some more. As it cooked, the savour of butter and onions and celery and rosemary filled the house. And when it was finally done, I lifted the golden bird from the oven and presented it to Michele like she'd won first prize.

It was a remarkable thing, all right. Though, of course, it's not a remarkable thing at all. Millions of chickens are roasted every day, billions every year, and most people would have roasted hundreds, possibly thousands of chickens by my time of life.

But they are not me. It was a remarkable thing for me because this was my first roasted chicken, and I have Julia Child to thank for it.

We have become somewhat obsessed at Lush Places with the late, great, wonderfully bonkers cook and author since watching *Julia*, a warm hug of a drama series starring the great Sarah Lancashire and charting Child's improbable arrival, in the early 1960s, as one of the first real stars of American food television.

I recall, vaguely, seeing Child on my family's black and white telly as a child. But I knew little about her beyond her ebullient, easily mocked presenting style.

Yet hers was a remarkable life, not least because she apparently invented some sort of shark repellent while working for the Office of Strategic Services (the precursor of the CIA) during World War II.

She was, to begin with, no foodie. Her husband Paul – they met in the OSS – was the gourmand, and her education in food

began only after his work for the State Department took the couple to Europe after the war. A little over a decade later, she would publish *Mastering the Art of French Cooking*, written with two French cooking teachers, a book that, along with her first television show, *The French*

chef worth her weight in schmaltz". For her, the roasted chicken would stand as her favourite dish for the rest of her very long life; she loved nothing better than "a juicy, brown, buttery, crisp-skinned, heavenly bird".

When Child embarked on her research for that first book, she was determined to share such heaven with her fellow Americans. For several weeks in late 1954, she cooked bird after bird after bird as she tried to refine and simplify for the home cook the French method, without losing its essence. "There is no doubt," her great friend the chef Jacques Pépin said of her, "that Julia intended to be the final word on the subject. She was relentless, just unstoppable."

To roast my first chicken, I, an easily dissuaded wuss, needed to be relentless and unstoppable, too. I also needed a little help. Michele is quite little. She is also quite helpful, and a very good cook. The downside was that she and I recently watched the absolutely terrific *The Bear*, a very different kind of drama about food to *Julia*, and likely the best TV ever made about life in a restaurant kitchen. The upshot: if I was to have her help, I had to agree to call her chef – as in "yes Chef, no Chef" – and that she could order me about "for once in my life".

I expected Chef would be trouble. Instead, she calmly watched

over her apprentice as he chopped and stuffed and basted until, two and half hours later, a juicy, brown, buttery, crisp-skinned, heavenly bird appeared in the oven. As we sat down to eat my first (but not last!) roasted chicken, I swear I could hear the irrepressible Child wishing us a cheery, "Bon appétit!" ■



A juicy, brown, buttery, crisp-skinned, heavenly bird.

This was my first roasted chicken, and I have Julia Child to thank for it.

Chef, helped make Gallic cooking a thing in America.

I believe there are around a dozen chicken dishes in the first volume of *Mastering the Art of French Cooking*, but as Bob Spitz writes in *Dearie*, a lively, 2012 biography of Child, she viewed the roasted chook as "the litmus test for any French

SUBSCRIBE TO THE NEW ZEALAND **LISTENER** AND SAVE UP TO 46%



JOIN THE CLUB

- **12 issues for \$43.05** via automatic renewal – save 46%
- Enjoy some of the finest journalism, insight, wit, puzzles, columns and TV listings
- **Free** home delivery

 **Subscribe at magshop.co.nz/p/M227LIS**
 **Call 0800 MAGSHOP (624 7467) & quote **M227LIS****

This offer is valid for all New Zealand deliveries quoting M227LIS by phone or online at magshop.co.nz/p/M227LIS before midnight on June 30, 2023. Savings are based on retail cover price. Rates include GST and postage. Offer is available to existing subscribers, who must opt in at the advertised rate. Subscriptions for existing subscribers will commence at the end of the current term. Please allow 6-8 weeks for delivery of your first issue. This subscription offer cannot be used in conjunction with any other offer. For Are Media's privacy policy, please visit www.aremedia.com.au/privacy. After the first 12 issues, the subscription will automatically renew and be billed at \$43.05 every 12 issues (3 months). Subscription automatically renews unless cancelled.

We'll invest your money

While you invest your time in what really matters

Harbour Asset Management

Your trusted investment experts

The Harbour Income Fund and Harbour Active Growth Fund contain a diversified mix of shares, bonds, and cash from NZ and around the world. You pick one or blend the two funds based on your financial goals and the level of risk you feel comfortable with. Then we do the hard work, so you can focus on the things that matter most to you.

**Visit www.harbourasset.co.nz
to explore whether our funds
are right for you.**